



Sat looking lonesome in the Yellow Stick fridge I spotted a couple of packs of Ox Cheek on Thursday. Perhaps not the conventional foundation for a Surf & Turf. But when were we conventional?

Ingredients for the ?Turf?:-

2 Ox Cheeks, cubed
2 Carrots, batoned
2 Medium Onions, diced
2 Cloves of Garlic, minced
500ml of Beef Stock
500ml of Red Wine Stock
2 Tbsp of Tomato Puree
100g of (Gluten free) Plain Flour
1 Tsp Dried Thyme
2 Bay Leaves
1 Tsp of Red Wine Vinegar
Olive Oil & A nob of Butter / Margarine
1 Tsp of Oyster Sauce
Salt & Pepper to seasoned

Method:-

- (1) Flour the Ox Cheeks and fry to brown on all sides in the Olive Oil & Butter.
- (2) Remove and set aside.
- (3) Season the Onions with Salt And Pepper and fry until translucent and then add the Garlic and

- stir.
- (4) Add the Carrots and fry to soften.
 - (5) Stir in the Beef and Red Wine stock.
 - (6) Stir in the Tomato Puree.
 - (7) Put the Ox Cheeks back in.
 - (8) Add the Thyme and Bay Leaves and Oyster Sauce.
 - (9) Simmer for 10 minutes and then transfer to a casserole dish.
 - (10) Pop in the oven and cook at 160c for about 4 hours until the Ox Cheeks is very tender.

Ingredients for the ?Surf?:-

200g of King Prawns
2 Eggs
Plain Flour (Gluten free for us)
Soda Water
Garlic Salt
Onion Salt
Turmeric

Additional flour
1 Egg, whisked for an Egg wash

Method:-

- (1) Mix the batter ingredients with enough Soda Water to make a reasonably stiff batter.
- (2) Heat the fryer to 180c.
- (3) Dunk the Prawns individually in Egg wash and the Flour.
- (4) Dip in the batter to coat evenly.
- (5) Fry individually and once browned slightly drain on kitchen paper.

To serve we made a Spring Onion mash, added the Ox Cheeks first. Stacked the battered Prawn on top and the poured the casserole over the top. A bit of Peas-shoot salad to dress and ?Jobs a good un?!