

OX CHEEK BOURGUIGNONNE

Ox cheek has a delicious, melting texture after a long slow cook, it's also very economical with 1 cheek feeding 2 people. As with most casseroles the flavours are better the following day. This recipe serves 4



2 ox cheeks
2 medium onions - sliced
2 cloves garlic - chopped
200g smoked bacon lardons
250g chestnut mushrooms – quartered or left whole, depending on the size
½ bottle red wine
300ml beef stock
2 bay leaves
1 tsp rosemary
1 tsp thyme
1 tbsp oil

Hints, Tips and Variations

- ♦ *Gluten & dairy free*
- ♦ *Serve with potatoes & vegetables*
- ♦ *Make ahead and freeze.*
- ♦ *Cook this in a slow cooker, oven or on the hob.*

Heat a heavy based frying pan and add the oil. When the oil is almost smoking, add the cheeks, reduce the heat a little and fry for 2 min each side to give a good brown crust. Remove the cheeks from the pan and set aside.

Add the bacon to the pan and fry for a few minutes on a medium heat to brown. Remove from the pan and set aside.

Put the pan back on the heat, add ½ the wine and bring to the boil, scraping the bottom of the pan with a wooden spoon to release all the pan residue (deglazing). When the wine has reduced to about ½, reserve with the cheeks and bacon.

Add a little more oil to the pan, fry the onions and garlic to soften and brown, then add the mushrooms and fry until the juices start to run. Remove from the heat and reserve.

Deglaze the pan as before with the remaining red wine and reserve the liquid.

Heat the oven to 100C/200F/Gas 1/2

Take a clean casserole with a lid and layer the onions, mushrooms, beef and lardons into it. Pour over the reduced wine and add enough stock to come up to the level of the meat. Add the herbs and bring the pot up to a simmer. Put the lid on the casserole and put into the oven. Cook for 4 hours or until the cheeks are tender and melting.

Remove the meat and vegetables from the pan and set aside. Boil the remaining sauce until it has reduced to about ¼ of the original volume. It will take about 10min, the flavour will become stronger and the sauce syrupy.

Taste the sauce for seasoning – it probably won't need much, add the meat and vegetables back into the sauce and either re-heat to serve or cool and store for another day.