



**Miele**

# Pressure steamed beef cheek

By Shannon Bennett

**24 hours**

Preparation time

**2 hours**

Cooking time

**4 servings**

Serves

## INGREDIENTS

### Beef Cheek

2 whole premium beef cheeks, trimmed and halved  
5 sprig of thyme  
1½ litres chicken stock  
2 bay leaves  
5 juniper berries  
3 star anise  
5 white peppercorns  
Pinch of Murray River Sea Salt

### Rocket Oil

1kg rocket, steamed  
500ml grapeseed oil

### To serve

Fresh green salad

## **METHOD**

### **Beef Cheeks**

1. Trim the beef cheeks of any excess fat and sinew.
2. Place beef cheeks, thyme, spices and chicken stock into a deep solid steam tray.
3. Place in the Pressure Steam Oven and pressure steam for 1 hour at 120°C.
4. Remove the beef from the oven and rest for 15-20 minutes.
5. Place two cups of the cooking liquid in a saucepan and reduce by half over medium heat, Induction setting 6.

### **Rocket Oil**

1. Blend the rocket in a blender, add the grapeseed oil and blend until smooth.
2. Transfer puree to a saucepan and cook on low heat, Induction setting 1-2 for 30 minutes. Use a thermometer to ensure cooking temperature of 70°C.
3. Cool overnight and strain the following day.

### **To Serve**

1. Place beef cheek on each plate, drizzle a tablespoon of rocket oil on each plate. Spoon over the reduced chicken stock.
2. Beef cheek can be served with fresh green salad and hand cut chips.

### **Note**

- Cooking juices will keep in the refrigerator for one week, or in the freezer for up to 6 months.