

Miele

Spiced beef cheek

By Shannon Bennett

30 minutes

Prep time

6.5 hours

Cooking time

6 Servings

Serves



INGREDIENTS

Beef cheek

6 beef cheeks

Oil

4 onions, cut julienne

1 tablespoon cumin seeds

1 red chilli de-seeded, cut into 6 squares

½ head garlic, peeled and sliced

1 carrot

1 litre tomato puree or passata

1 litre chicken stock

Murray River Sea Salt to taste

Pickled onions

100g sugar

100ml apple vinegar

100ml water

2 onions, peeled and cut in half horizontally

Pommes mousseline

1kg potatoes, peeled and diced

180g butter

2 tablespoons milk

Murray River Sea Salt to taste

METHOD

Pickled onions

1. Place sugar, apple vinegar and water in a small pan, bring to the boil and pour over onions. Refrigerate for 12 hours before serving.

Beef cheek

1. Pre-heat oven on Conventional at 110°C with the baking and roasting rack on shelf position 1.
2. Trim any excess fat from beef. Heat a small amount of oil in a pan until hot and quickly sear the cheeks. Remove and place in a Gourmet oven dish.
3. Using the same pan, add the onion and cumin to the meat juices and cook on medium heat, Induction setting 5-6, for 3 minutes. Add the carrot, garlic and chilli and mix well to combine.
4. Add the tomato puree and chicken stock. Season to taste. Pour over the beef cheeks.
5. Place Gourmet oven dish in oven and cook uncovered for 6 hours.
6. Remove from oven and allow to rest for 10 minutes.
7. Test beef is cooked by using a spoon, flesh should pull apart with ease.
8. Remove beef cheeks. Blend the juices and vegetables together; the sauce should be a thick consistency.

Pommes mousseline

1. Place potatoes in perforated steam tray and steam at 100°C for 20 minutes.
2. Test with a skewer, if the skewer inserts easily, the potatoes are cooked.
3. Push the potatoes through a potato ricer and then through a drum sieve.
4. Add the butter and milk and mix well to combine, your mash should be as smooth as silk.

To serve

1. Place beef back into the sauce and re-heat in the oven at 110°C for 15 minutes. Serve with pommes mousseline and a pickled onion ring on top.

Hints and tips

- This recipe was based on small beef cheeks. If using medium-large beef cheeks, you may wish to increase the cooking time for a further 2 hours.