

# Beef cheek with kale and mushrooms

By Matt Stone

**1 hour, plus refrigeration and cooling time**

Preparation time

**3 hours 30 minutes**

Cooking time

**6**

Serves



## INGREDIENTS

### Beef cheeks

100 g cooking salt  
2 litres (8 cups) warm water  
4 beef cheeks, cleaned of sinew  
60 ml (¼ cup) olive oil  
750 ml (3 cups) red wine  
2 brown onions  
1 head garlic, cut in half  
1 tbsp black peppercorns  
1 piece kombu  
2 litres (8 cups) homemade or store-bought brown chicken stock  
2 bay leaves

### Mushrooms

500 g mushrooms, such as pine mushrooms, swiss brown, Portobello or shitake, roughly chopped  
80 g butter  
4 black garlic cloves, peeled, thinly sliced  
2 tbsp thyme leaves

### Crispy kale

1 bunch kale, stalks removed  
2 tbsp olive oil  
Salt flakes and pepper, to taste

## METHOD

### Beef cheeks

1. Dissolve salt in the warm water. Place the beef cheeks into a container and pour over the brine. Cover and refrigerate overnight.
2. Remove the beef cheeks from the brine and discard the liquid. Heat 2 tablespoons of oil in a gourmet oven dish on medium-high heat, induction setting 7 for 5 minutes. Add the beef cheeks and sear on both sides until the beef is brown, approximately 5 minutes.
3. Add 60 ml of the red wine to deglaze the pan. Simmer for a few minutes, on induction setting 4, until the wine has almost evaporated. Remove the cheeks and meat juice and set aside in a bowl.
4. Cut the onions in half, top to tail, leaving the skin on. Add a tablespoon of oil and place the onions cut side down into the oven dish. Cook on medium-high heat, induction setting 7 for 10 minutes or until the onion is blackened.
5. Add the garlic and remaining wine. Bring to the boil on high heat, induction setting 8. Add the peppercorns, kombu and stock. Bring to the boil then reduce to a simmer on induction setting 4 for 5 minutes.
6. Return the beef cheeks and meat juices back to the casserole dish and immerse in the braising liquid. Add the bay leaves.
7. Place the oven dish on shelf level 2. Select Combi mode: Fan Plus at 130°C + 60% moisture for 3 hours or until cheeks are tender.
8. Check if the beef cheeks are tender with a fork. If the meat is pulling apart with no resistance, it's ready. Allow the meat to cool in the liquid for at least 1 hour. Once cooled, remove beef and strain broth through a sieve. Discard solids.
9. Place a saucepan on high heat, induction setting 8 and reduce broth for 20 minutes to form a thick sauce, skimming any foam or fat.
10. Once reduced to a glazing consistency, strain again through a fine sieve.

### Mushrooms

1. Place a frying pan on medium-high heat, induction setting 7. Add half the butter and cook until foaming.
2. Add the mushrooms to the pan and season well. Increase the heat to induction setting 8 and cook until the mushrooms are golden. Add the garlic and remaining butter.
3. Once the butter has melted, add the thyme leaves and season well. Remove from the heat.

### Crispy kale

1. Preheat the oven on Conventional at 180°C.
2. Place the kale leaves on a universal tray. Drizzle with olive oil and season with salt and pepper.
3. Cook for 5-8 minutes until crisp. Check halfway through cooking time.

### To serve

1. Slice the beef in thirds. Place the reduced beef broth into a pan and add a tablespoon of water. Bring to the boil on high heat, induction setting 7.
2. Add the beef into the reduced sauce and glaze meat to coat.
3. Serve the beef on a warm plate. Using a fork, break up the meat slightly.
4. Place the mushrooms on top of the beef and pour over sauce. Cover the beef with crispy kale.

### Hints and tips

- The beef cheeks can be prepared up to two days in advance. Cooked beef cheeks can be frozen for at least 1 month.
- Black garlic can be made using our warming drawers. Refer to this [recipe](#) for more details: