



## Slow Braised Beef Cheek Ragout Flavoured with Red Wine, Thyme and Roasted Garlic

**Serves: 6**

### TASTE OF CATER CARE FACT

Slow-cooked braised dishes are perfect for the cooler months of the year and this recipe uses beef cheek which comes from the facial muscles of a cow. Throughout its life, the cow is constantly working this muscle through chewing food, and consequently, it is extremely tough. However, if cooked correctly this cut of meat becomes melt-in-the-mouth tender and incredibly flavoursome and rich.

### INGREDIENTS

- As required - Extra Virgin Olive Oil Spray
- 1.1kg Beef Cheeks - cut into 4cm dice.
- 20ml Extra Virgin Olive Oil
- 140gm Brown Onion - top, tail, peel, halve and finely dice.
- 100gm Carrot - top, tail, peel and cut into a 1/2 cm dice.
- 1 Garlic Bulb - prick the bulb 4 times with a fork, roast in a moderately-heated oven for 50-60 minutes, or until the bulb has softened. Remove, allow to cool. Slice off 1/2 cm from the bulb's base, squeeze out the garlic puree, place into an airtight container and refrigerate until required.
- 1/2 stem Celery - remove leaves and base, rinse, drain and cut into 1/2 cm dice.
- 6 sprigs Thyme - pick leaves, rinse, drain and finely chop.
- 35gm Tomato Paste
- 40gm Plain Flour
- 1 Bay Leaf
- 240ml Red Wine
- 600ml Salt-Reduced Chicken Stock
- 480gm Tinned Crushed Tomatoes
- To taste - Sea Salt and Ground Black Pepper
- 6 small sprigs Thyme - rinse and drain.

### METHOD

1. Generously spray-oil a sauté pan and place over moderate heat. Add the beef cheek and sear it until it is well browned on all sides, then remove the sauté pan from the heat.
2. Place a saucepan over moderate heat, add the oil, then add the onion, carrot, and celery and sauté, stirring regularly until the vegetables have softened and lightly browned. Then add the roasted garlic puree and thyme and continue to sauté, stirring continuously for a further minute.
3. Add the tomato paste and flour and 'cookout' for 2 minutes, while stirring continuously.
4. Add the bay leaf, red wine, chicken stock, and crushed tomatoes. Mix to combine and add the beef cheek. Bring up to the boil, then reduce the heat, cover with a lid and allow to gently simmer for 1 hour.
5. Remove the lid and continue to simmer for a further 30 minutes or until the beef cheek. Bring up to the boil, then reduce the heat, cover with a lid and allow to gently simmer for 1 hour.



## TO SERVE

Place the beef cheek ragout into a serving bowl and sprinkle with sprigs of thyme before serving.