

Recipe of the month...

April

Daube de boeuf
(Braised Ox Cheek)



Ein-
gemachtes



By Stephen Myers,
Head Chef and proprietor



What you will need....

Part 1

4 Ox Cheeks

(As an alternative, Beef Shin can be used)

Salt & Pepper

One Carrot

One Celery Stick

One Onion

} Mirepoix

4 x Potato (to make mash)

Sprig of Thyme

1/4 Btl Red Wine

Beef Stock

Part 2

Knob of Butter

150gm Diced Smoked Bacon

150gm Button Mushrooms

150gm Baby Onions

25ml Brandy (optional)

Sprig of Chervil (optional)





Season and fry Ox Cheeks both sides to seal...









**Remove Ox Cheeks from pan.
Add chopped vegetables (Mirepoix) and fry...**







Add red wine, sprig of Thyme...
Simmer and reduce







Add beef stock...


Bring to the boil.





Pour over the Ox Cheeks in a tray, cover with tin foil..

Place in oven.

160  **°C**

for 5-6 hours







**You can use a slow cooker.
Pop it all in before you go to work!**







Just before Ox Cheeks are ready to come out of the oven... (Should 'give' when pressed)

Lets start part 2...

Tip. Start making yourself some mashed potato.

Then, add the chopped baby Onions, Mushrooms and Bacon into a pan and fry.





Take the Ox Cheeks out of the oven.

Remove from the liquid, place on a plate.

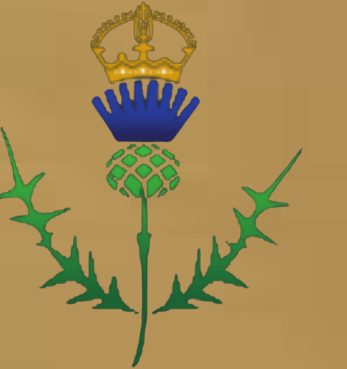






Add Brandy and flame to burn off the alcohol...
(Optional- if you are using Brandy)





**Add the liquid from the tray to
the Onions, Mushrooms and
Bacon... using a seive.**

**Simmer until thickened
to a good sauce consistency.**

(The natural gelatin from the Ox Cheeks will thicken your sauce perfectly)







Let's start plating up!

**Using the mashed potato you've
made earlier,
place a spoonful in the centre
of your plate...**

**Place Ox Cheek on top.
Then finish with the sauce.**







**If you want to 'Chef it up'
add a sprig of Chervil**





Go on, give it a go!



