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**Slow cooker Beef Cheeks in red wine** Serves 6

(Note: I can’t remember the origin of this recipe, but it is a spectacular Dinner Party favourite)

**Ingredients: NAS = No added salt**

¼ cup Plain Flour

1.2kg beef cheeks

2T olive oil

2 medium brown onions. Cut into wedges

6 cloves garlic, halved

2 medium carrots, coarsely chopped

1 cup Shiraz red wine

2 cups NAS beef stock

2T brown sugar

2T NAS tomato paste

2 bay leaves

3 sprigs fresh thyme

40g NAS butter

6 shiitake mushrooms, halved

6 medium brown mushrooms, halved

12 small button mushrooms

Pepper

**Method:**

1. Season flour with pepper. Place flour in a large snap lock bag. Add half the beef. Seal. Shake to coat. Remove from bag, shaking off excess flour. Transfer to plate. Repeat with remainder.
2. Heat oil in a large frying pan over medium high heat. Cook beef in batches, for 3 minutes each side or until browned. Transfer to a plate.
3. Add onion, garlic and carrots to pan. Cook, stirring, for 3 minutes or until golden. Place half the onion mixture in the bowl of a large slow cooker. Top with beef and remaining onion mixture.
4. Add wine, stock, sugar, paste and herbs to frying pan. Bring to the boil then pour over beef in slow cooker (or heavy based pan on the stove/or in the oven on low).
5. Add butter to pan, then mushrooms. Cook, stirring, for 3 minutes or until browned. Add to beef.
6. Cover with lid. Turn slow cooker on low. Cook for 8 hours or until beef is tender. (Alternately, turn slow cooker on high and cook for 4 hours.) Sprinkle with fresh thyme and serve with potato or kumara mash, steamed asparagus and green beans.