

Joue de Bœuf
(Braised Beef Cheeks with Optional Tandoori Spices)
AF DuPage Cooking Demonstration
November 19, 2022 11:00 am
Presented by Chef Chris Thielman & Karen Thielman

Servings: 4 servings

Special Equipment needed: 5-quart Dutch oven, blender, wire mesh strainer (optional for classic sauce variation)

Ingredients:

2 Tablespoons avocado oil

2 pounds trimmed beef cheeks (usually 3 or 4 large pieces) OR (you may substitute chuck or round)

6 ounces diced onions

4 ounces diced celery

4 ounces diced peeled carrots

3 cloves minced garlic

1 ½ cups red wine (wine from the St.-Joseph appellation in the Northern Rhône is recommended)

2 ½ cups beef broth or beef stock

5 stems fresh thyme OR 1 teaspoon dried thyme leaves

3 dried bay leaves

1 teaspoon Tandoori spice mix (Purchase or make your own - recipe follows)

Salt and pepper to taste

Tandoori spice mix ingredients (yield 2 Tablespoons – note, you will have extra spice left over):

Mix together the following ingredients:

1 teaspoon ground ginger

1 teaspoon ground coriander

1 teaspoon paprika

½ teaspoon ground cumin

½ teaspoon turmeric

½ teaspoon salt

¼ teaspoon garlic powder

¼ teaspoon cayenne pepper

¼ teaspoon ground nutmeg

¼ teaspoon ground cloves

Method:

Preheat the oven to 325°.

Dry the beef cheeks with a paper towel. Very lightly salt and pepper. Sear the beef cheeks on both sides in the Dutch oven in avocado oil until very dark brown. Remove the beef cheeks from the Dutch oven and set aside.

Add the diced onions, celery and carrots to the Dutch oven and sauté the vegetables until lightly caramelized.

Add the minced garlic and stir for 30 seconds.

Add the red wine and beef broth or stock to the pan and bring to a boil.

Add the bay leaves, Tandoori spice mix (optional), thyme sprigs, the seared meat and residual juice the meat might have released while resting.

Cover the Dutch oven and place in the oven for 3 to 5 hours.

Turn the beef cheeks once halfway through the cooking process. To check for doneness, see if the meat pulls apart easily.

When fully cooked, carefully remove the beef and place it on a plate. Remove the bay leaves and thyme sprigs and discard.

For the rustic-style sauce:

Place ½ of the vegetables and the remaining liquid in a blender and purée. Adjust the salt and pepper seasoning.

For an alternate classic-style sauce:

Strain the vegetables and the remaining liquid through a wire mesh strainer. Add only the strained liquid back into the Dutch oven and reduce the liquid to a slightly thick consistency over high heat. Adjust the salt and pepper seasoning.

Variations:

- If you wish to have a more traditional flavor, omit the Tandoori spices.

Chefs Notes:

- The meat needs to be fall apart tender, so check it after 3 hours and add more cooking time if necessary.
- Short ribs can be used as a substitute but will not have the same deep beefy flavor.
- Beef cheeks are available locally at Wheaton Meat Company or purchase online.
- Red wine from the St.-Joseph appellation in the Northern Rhone is highly recommended.
- Do not add too much salt to the beef cheeks before searing because the liquid reduces during the cooking process. It is better to adjust the salt at the very end.
- Leftover tandoori spice mix can be used as a rub on chicken breast and then cooked your favorite way. This chicken variation goes well with a light tomato sauce.