

Ox Cheek Beef Bourguignon

By Chef Eric

INTRODUCTION

This recipe is right on time for all those shooting lunches coming up.

Very easy to make, you can keep it in the fridge few days, so no rush on shooting day.

You can also use oxtail instead of the cheek, just cook it longer, until the meat is about to fall off the bone. I thicken the sauce after cooking with cornflour to make this recipe gluten free.

SERVES 6

INGREDIENTS

3 Ox cheeks, trimmed and diced
Butter and olive oil
200gr Onions diced
300gr Carrots diced
3 Cloves garlic
300gr Mushrooms
150gr Smoked streaky bacon
1L of stock
1 Bouquet garni (leek, celery, parsley, bay leaf, thym)
1 Large spoon of tomato paste
1 bottle of red wine
Rock salt, pepper from the mill
Cornflour



METHOD

Heat the oven to 140°C.

Brown the meat in butter and olive oil, then set aside.

Do the same with the bacon bits.

Then gently sauté the carrots and onions, add the garlic.

Remove the excess fat, stir in the meat, bacon, mushrooms and tomato paste.

Add the red wine and reduce by half. Add the bouquet garni and cover with the stock.

Season and cook with lid on in the oven for 3 to 5 hours. Cooking time depends on the size of the meat. When cooked, the pieces should be very easy to squish but still hold together.

Check the seasoning and thicken slightly with cornflour.

Add small potatoes to the stew or serve mashed potato on the side.

Voila! Bon Appetit!