



Just once in a while our supermarket within walking distance have Ox Cheek. We've done a similar recipe before, but it was certainly worth a repeat! (

<http://www.eatwellonuc.org.uk/index.php/recipes/436-braised-ox-cheeks>)

At just over £4 we had more than enough for the two of us and some meat left over for the Foxes tonight.

Ingredients:-

- 1 Ox Cheek, cut into equal halves
- 1 Onion, diced
- 3 Cloves of Garlic, minced
- 2 Tbsp of Tomato Puree
- 3 Bay Leaves
- 120ml of Red Wine
- 400 Ml of Beef Stock
- 100g of Mushrooms, quartered
- 2 Tbsp of Plain Flour (Gluten free for us)
- 100g of Smoked Bacon Lardons
- 2 Tbsp of Olive based Margarine
- 1 Tbsp of Oil
- Salt & Pepper to season

Method:-

- (1) Season the Flour with Salt & Pepper.
- (2) Coat the meat in the seasoned Flour.
- (3) Heat the Margarine and Oil over a medium heat in a Dutch Oven, adding the Ox Cheeks to brown all over.
- (4) Remove and set aside.
- (5) Add the Lardons, Onions, Bay Leaves and cook until the Onions softens.
- (6) Stir in the Tomato Puree, Garlic, Wine, Beef Stock and allow to simmer for a minute or so.
- (7) Return the Ox Cheek and cover with the lid.
- (8) Place in a pre-heated oven at 160c for up to 4hours, until the meat is very tender.
- (9) half way through cooking stir in the Mushrooms.
- (10) Before serving remember to remove the Bay Leaves.

We served ours over Mashed Potatoes with Chopped Spring Onions stirred in, Baby Sweetcorn, Peas and Chives as a garnish. The whole dish is very Rich, hearty and filling.