



Recipe by Maria Bortolotto

Slow braised beef cheeks in red wine served with polenta

Take 1 litre of beef stock use recipe for beef stock

Ingredients

4 by Beef cheeks, cut into 250grams lots ask your butcher to clean and prepare for cooking.
300grams of bacon (use back bacon cut into cubes)
3 white onions
3 medium carrots
4 cloves of garlic
2 teaspoons powdered Cumin
2 teaspoons of red paprika sweet
4 cloves
2 cinnamon sticks
1 bunch of thyme
6 bay leaves
1 bunch parsley stalks
6 Black peppercorns
½ bottle of good red wine
½ litre of beef stock
100mls of brandy
Olive oil
Salt and pepper

Polenta or creamy mash potatoes

1cup Fine semolina
2cups Course semolina
Salt, water or stock, butter and parmesan

Braise ingredients

4 cleaned carrots 1inch sliced,
4 garlic cloves crushed, halved,
4 onions cleaned and sliced

Day 1.

Marinate the beef cheek overnight for 24hours

Method

Marinade mixture

4 cloves of garlic, crushed, 2 teaspoons powdered Cumin, 2 teaspoons of red paprika sweet
4 cloves, 2 cinnamon sticks, 1 bunch of thyme, 6 bay leaves, 1 bunch of parsley stalks, ½ bottle of good red wine, 6 black peppercorns, ½ litre of beef stock, 100mls of brandy.
Place these ingredients into a large bowl and mix all together, place the cheeks into marinade mixture and refrigerate overnight.

The next day remove the beef cheek from the marinade and dry the skin on paper towel.
Using a heavy based stock pot add olive oil to the pot, allow to get hot then brown the meat aggressively. Set aside.



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Add more oil and brown braising vegetables carrots, garlic, and onions.

Once browned return all the ingredients to the pot meat, vegetables, and marinade, plus 1 litre of hot beef stock make sure the ingredients are covered, place grease proof paper over the top and return to the oven at 180degrees for 5 to 6 hours. After 3 hours reduce the heat to 150degrees.

You will know when it's cooked as the meat will fall apart.

I leave the pot in the oven to cool.

Remove the beef, take out the herbs and puree the sauce, at this stage optional to add 4 tablespoons of butter and 4 tablespoons of cream fraiche stir and return beef.

This will keep for a week in the fridge.

Prepare the creamy polenta, we want the polenta to be wet. I tend to make double the amount as the next day it is great grilled with cheese on top or a braise of mushrooms etc... very versatile.

Ingredients

8 cups of water or stock

4 teaspoons of salt

2 cups of coarse yellow semolina – mix with 1 cup of fine white semolina

100grams of salted butter

100grams of grated parmesan (optional)

100mls of crème fraiche (optional)

Method cooking time 30 minutes

Bring the stock or water to the boil add salt to the water, once its boiling start stirring with a whisk and start adding the semolina, add slowly, until it starts to thicken, we want a runny consistency.

Once you are happy with the consistency reduce the heat and allow the semolina to cook for 20 minutes.

We want slow bubbles in the mixture.

At the end add butter and parmesan, fix salt if needed, but if your meat is salty then this doesn't require a lot of salt.

I hope you enjoy it.

Serves 8