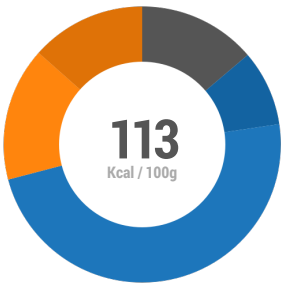


Slow Cooked Beef Cheeks Ragu Bolognaise with Buttered Pappardelle

Tender slow cooked beef cheeks cooked in a rich red wine sauce served with buttered pappardelle



CALORIES:

57.1% Carbs

13.8% Protein

29.1% Fat

CONTAINS:

WHEAT

MILK

MAY CONTAIN:

OATS, BARLEY, RYE

EGGS

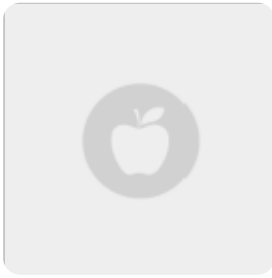
CELERY

MUSTARD

SOYA

Recipe Ingredients ...	Quantity:	Description:
134661 Prime Meats Beef Cheeks.. - BRAKES	100g	100x Each
100222 Brakes Plain Flour..	15g	
10469 Cooking Onions.. - BRAKES	50g	0.02x Each
450693 Carrots CLASS II.. - BRAKES	50g	0.03x Each
113874 Herb Bunched Thyme..	5g	
116163 Pancetta Smoked Diced.. - BRAKES	20g	0.2x Each
10439 Fresh Garlic.. - BRAKES	5g	0.04x Each
115043 Maggi Rich & Rustic Tomato Sauce 800g.. - BRAKES	50g	0.06x Each
35607 Knorr Garde d'Or Red Wine Sauce 1L.. - BRAKES	40g	0.04x Each
126961 De Cecco Pappardelle.. - BRAKES	60g	0.12x Each
12718 Salted Butter.. - BRAKES	10g	0.04x Each
113881 Herb Bunched Flat Leaf Parsley.. - BRAKES	5g	0.05x Each
135898 - 135898 Riva Leone Barolo.. - BRAKES	30g	0.04x Each

1 Serving



 *Product code*

 *Barcode*

 440g / 508kcal

1

Cooking Instructions & Notes

Preparation:

Peel and roughly chop half of the carrots and onion

Finely dice the remaining carrots and onions

Slice the garlic

Chop the parsley

Cut the beef cheeks into chunks

Method:

1. Roll the beef cheeks in seasoned flour.
2. Add some vegetable oil to a pan and over a high heat seal the cheeks all over, add the roughly chopped onion and carrot and caramelize slightly - add the thyme.
3. Deglaze the pan with the red wine and reduce by half.
4. Add in the tomato and red wine sauce and bring to a boil.
5. Cover the pan and transfer to an oven and cook for 2.5hrs at 170oC or until tender. - remove & allow to cool slightly
6. In a pan over a medium heat fry the pancetta and the finely diced onion, carrot and garlic then add in the picked beef cheeks meat and some of the cooking liquor - gently simmer.
7. Bring a pan of salted water to the boil and add in the pasta - cook for 6 minutes.
8. Drain the pasta and roll in some melted butter and parsley if desired.
9. Combine the sauce, pasta and garnish - serve.