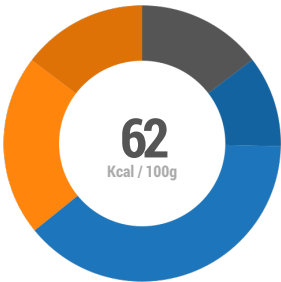


# Slow Cooked Beef Cheeks & Red Wine Pie

Braised British beef cheeks in a rich red wine sauce with smoked bacon lardons, silverskin onions and mushrooms and topped with caramelised sliced potatoes



CALORIES:

49.5% Carbs

14.6% Protein

35.8% Fat

CONTAINS:

  
WHEAT

  
MILK

  
SULPHITES

Recipe Ingredients ...	Quantity:	Description:
134661 Prime Meats Beef Cheeks..	300g	
130849 La Serre Cabernet Sauvignon..	100ml	
121212 - 121212 Pommes Anna.. - BRAKES	120g	2x Each
4796 - 4796 Brakes Silverskin onions.. - BRAKES	60g	0.04x Each
135809 - 135809 Smoked Bacon Lardons.. - BRAKES	60g	0.06x Each
113881 - 113881 Herb Bunched Flat Leaf Parsley.. - BRAKES	10g	0.1x Each
10226 - 10226 Button Mushrooms.. - BRAKES	60g	0.12x Each
13116 - 13116 Prepared Diced Carrots.. - BRAKES	60g	0.02x Each
13120 - 13120 Peeled Garlic.. - BRAKES	10g	3.33x Average Portion
115043 - 115043 Maggi Rich & Rustic Tomato Sauce 800g.. - BRAKES	75g	0.09x Each
350091 Brakes Plain Flour (22 Jul 2023)..	10g	0x Each
29603 - 29603 Brakes Demi Glace Sauce Mix.. - BRAKES	30g	0.02x Each

1 Serving



 *Product code*

 *Barcode*

 448g / 283kcal

# 1

Cooking Instructions & Notes

**Preparation:**

Defrost the lardons

Defrost the onions

Chop the parsley

Quarter the mushrooms (wash/brush)

Defrost the pommes anna

Make up the demi glace mix as per pack instructions

**Method:**

1. Season the beef cheeks and dust in flour.
2. In a pan over a medium heat fry the beef cheeks on each side in a little oil until caramelised all over.
3. Remove the beef cheeks from the pan then add in the lardons, carrots, garlic and mushrooms - cook for a few mins.
4. Add in the tomato sauce and stir well.
5. Pour in the red wine and reduce by half.
6. Now place the beef cheeks back into the pan along with the demi glace and bring to a gentle boil.
7. Remove from the heat, stir in the silverskin onions and parsley, cover with a lid or foil and transfer to an oven at 150oc.
8. Cook for approx 4hrs or until the beef is tender.
9. Remove from the oven and allow to cool slightly.
10. In your chosen dish add one of the pommes anna discs to the base/bottom.
11. Spoon in the beef filling and top with the other pommes anna disc.
12. Place back in the oven for approx 6-10mins to colour the potato and to ensure the filling is cooked through - serve!