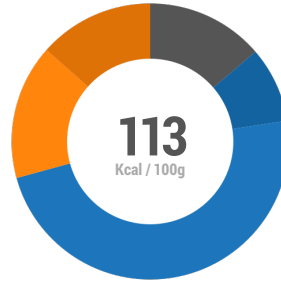


Slow Cooked Beef Cheeks Ragu Bolognaise with Buttered Pappardelle

By Oliver Lloyd from Brakes

Overview ...

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CALORIES:

57% Carbs

13.7% Protein

29.3% Fat

Food Labelling...

Serves 1

CONTAINS:



WHEAT



MILK



SULPHITES

MAY CONTAIN:



OATS, BARLEY,
RYE



CELERY



MUSTARD



EGGS



SOYA

Recipe Ingredients ...

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
130873 Barolo Angelo Veglio - BRAKES	30ml	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

Products / Pack Sizes ...

1 Serving



 **Product code**
 **Barcode**
 **440g / 509kcal**
 **Serving per pack**
 **Net pack weight**

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 pickled 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.