

## SLOW COOKED BEEF CHEEKS



 Serves 4-6     Prep Time 15 minutes     Cook Time 8 hours on low or 4-5 on high



### INGREDIENTS

- 750g beef cheeks, trimmed
- 2 Tbsp flour, seasoned with salt and pepper
- 2 Tbsp olive oil
- 2 onions, cut into wedges
- 6 cloves garlic, peeled and cut in half
- 3 sticks celery, chopped
- 2 carrots, peeled and roughly chopped

### METHOD

1. Toss the beef cheeks in the seasoned flour. Heat oil in a frying pan and brown the beef over a medium high heat. Transfer beef to a slow cooker.
3. Add onions, garlic, celery and carrots to the slow cooker.
4. Mix together **Wattie's Condensed Tomato Soup**, beef stock and balsamic vinegar (optional) and add to the slow

- 420g can **Wattie's Condensed Tomato Soup**
- 1 cup beef stock
- 2 Tbsp balsamic vinegar (optional)
- 2 bay leaves
- 2-3 sprigs fresh thyme

cooker. Add bayleaves and thyme sprigs. Cover and cook on low for 7-8 hours until the meat is tender. Thicken sauce with 1-2 tsp of cornflour mixed to a paste with cold water. (Alternatively remove the meat from the cooker and set aside, keeping warm. Pour the remaining sauce and vegetables into a saucepan and remove the herbs. Bring to the boil and boil until it reduces by half to make the jus).

5. Serve beef cheeks and vegetables over mashed potatoes and parsnip. Accompany with seasonal green vegetables

## TIPS

- If wished the slow cooked beef cheeks can be cooked in the oven. Prepare as for the slow cooker and transfer to an oven proof casserole dish. Cook at 160°C for 3 ½- 4 hours.
- To make the creamy mashed potato and parsnip – boil 500g peeled potatoes with 250g peeled parsnip in lightly salted boiling water. Drain and mash adding a knob of butter and a dash of milk.
- If you can't find Beef Cheeks this recipe is also great with Gravy Beef, Shin Beef or Lamb Shoulder Chops.