

Beef cheeks in Pedro Ximenez

Ingredients

- 1/2 cup olive oil
- 1.5kg beef cheeks
- 4 carrots, roughly chopped
- 1 whole garlic bulb, halved
- 2 brown onions, roughly chopped
- 1000ml Organic Pedro Ximenez fortified
- 3 bay leaves
- 1 big bunch of thyme
- Salt to season
- 500ml chicken or beef stock

Cauliflower mash

- 1 whole head cauliflower
- 250ml cream
- 20g butter
- Salt, to season

Method

1. Heat half the oil in a heavy based casserole pan, and brown off the beef cheeks in batches until sealed and starting to colour - take out and set aside when complete.
2. Heat the remainder of the oil in the pan, and add the carrot, garlic and onion, and sautee for about 10 minutes, make sure you try and scrape all the good stuff off the bottom of the pan as you do this, this will help when you deglaze.
3. Add the bay leaves, thyme, big pinch of sea salt, wine, Pedro Ximenez and stock. Return the beef cheeks to the pan.
4. When the casserole comes to the boil, cover with the lid and cook in the oven, at 160C for 3.5 - 4 hours.
5. To make cauliflower mash, cook cauliflower on medium with 250ml of cream and butter. Once the cauliflower is soft, blend with a stick blender and season with salt.
6. Serve beef cheeks with cauliflower mash.