

BEEF CHEEKS AU VIN – THE SIMPLE WAY



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4 portions

2 beef cheeks, washed and dried

1 onion, in quarters

2 cloves garlic

salt

Barbecue spice

2 cups red wine

1 cube beef stock

fresh herbs (I used rosemary and thyme)

Fry dried beef pieces all sides (enhances taste). Remove and flash fry onion and garlic and add red wine. Stir with spatula to deglaze all that goodness and incorporate in wine. Add beef stock cube and herbs. Salt your meat with the salt and spice. Place in oven proof dish and cover with double layer of foil. Do not prick foil, you want to keep that steam in, or in slow cooker crock. Pour wine mixture over. Slow cook in oven for 5 hours at 160°C or slow cooker on high. My little oven has a slow cook function, but it is roughly 160°C.

Check halfway in case wine cooked away, add water if needed. Turn meat over. After 5 hours you will have meat you can cut with a spoon and a lovely sauce. Thicken with maizena and serve with flavoured rice (or anything, really).

Flavoured rice:

1 cup rice
2 cups boiling water
1 cube chicken stock
1 tablespoon real butter
garlic (amount of choice)
(NO salt needed)

Boil fast for a few minutes until stock cube has dissolved. Reduce heat to slowest or just switch off but keep on the hot plate. Let the water be absorbed (roughly half hour). Serve with beef cheeks.

Recipe posted by Kiti Citi

Photo: Kiti Citi