

Slow cooked beef cheeks in Rioja red wine



PREP TIME
20 MINS



COOK TIME
60 MINS



TOTAL TIME
1HR 20 MINS



SERVES 4 PEOPLE



EASY



Ingredients

2kg Galician beef cheeks, trimmed and sinew removed
6 banana shallots, peeled and finely chopped
2 celery sticks, finely chopped
2 garlic cloves, finely chopped
2 large carrots, peeled and roughly chopped
2 celery sticks, roughly chopped
5 tbsp olive oil
100g plain flour
150ml brandy
500ml Rioja red wine
1.5l beef stock
4 sprigs of thyme
1 bay leaf
Salt and pepper

Method

In a large pressure cooker pan, heat the oil and brown the beef cheeks on all sides. You may need to add a little extra oil if the pan is too dry. Remove the cheeks from the pan and set aside.

Allow the pan to cool down before adding the chopped onions, celery, garlic, carrot and celery pieces and cook over a moderate-low heat until soft and lightly caramelised.

Add the beef cheeks back to the pan, season with salt and pepper and mix together for the flavours to blend. Add the flour, mix again and cook for 2–3 minutes.

Deglaze the pan with the brandy, scraping the base of the pan to mix in all the caramelised meat and vegetables and reduce the brandy by half. Add the red wine and reduce by half again. Add the beef stock, thyme and bay leaf and bring everything to the boil.

Cover the pressure cooker with the lid, set the pressure regulator to the correct cooking level (always read the manufacturer's guidelines) and bring the stew to a boil until you can see a fine thread of steam coming out of the pressure regulator. Reduce the heat to the low setting and cook for 40 minutes. After this time, turn the heat off and allow the pressure cooker to cool down before releasing the pressure on the regulator. Check that the beef cheeks are very tender but not falling apart.

To serve, reheat the cheeks on the stove, check the seasoning and serve with creamy mashed potatoes.