



SLOW COOKED CHEEK OF HEREFORD BEEF

**CREAMED POTATO, BEETROOT LEAF,
GLAZED ONIONS, ENGLISH ASPARAGUS
AND BRAISING JUICES**

PREPARATION

To Cook the Beef Cheeks

Season the cheeks and in a black pan seal to caramelise, place into an oven proof dish.

De-glaze the pan with the wine, add the silver skin onions, bay leaf and thyme, and pour over the cheeks.

Heat the beef jus and add to the dish, cover with grease proof paper and place into a medium hot oven for 3 hours, or until the cheeks are soft.

Remove the cheeks and onions from the juices and chill.

Pass the juices through a fine sieve and reduce by half, leave to cool.

To serve place the cheeks into an oven proof dish along with the onions, place into a hot oven for 15 minutes, until hot in the middle and the cheeks have become glazed.

Pour the sauce from the pan over the plated dish

To Make the Mash

Bake the Maris pipers, in their skins, in a hot oven until soft, cut in half and scoop out the flesh, pass through a potato ricer.

In a pan bring the cream and butter to the boil and reduce by half, add the nutmeg.

Fold the potato flesh through the cream mixture and adjust the seasoning with the salt and white pepper.

To Cook the Asparagus

Bring a pan of salted water to the boil, blanch the peeled asparagus for 45 seconds.

Melt the butter in a pan, drain the asparagus and toss in the butter, season with the sea salt.

To Serve

Spoon the creamed potato in the centre of the plate, lay the asparagus next to the mash, place the cheek on top, pour the sauce over the top and scatter the onions and beetroot leaf's around.

INGREDIENTS

For The Beef Cheek

4 Beef Cheeks
1 Bottle Of Red Wine
1lt Beef Jus
12 Silver Skin Onions
2 Bay leaf
1/2 Bunch Thyme

For The Creamed Potato

600g Maris Piper Potato's
50g Butter
200ml Double Cream
Nutmeg, Pinch
Sea Salt
White Pepper

For The Beetroot Leaf

10g Beetroot Leaf

For The English Asparagus

12 Stems Of English Asparagus, Stem
Peeled
100g Butter
Sea Salt