

# Slow Cooked Beef Cheeks With Garlic & Red Wine

Beef cheeks are one of the best beef cuts you can cook in the slow cooker. It absorbs all the surrounding flavours when you slow cook it and wont be at all dry. When ready it will pull apart and every mouthful will be just perfect!

- Dan, Wrexham



**Serves: 2**

## Ingredients:

2 Fordhall Farm Beef Cheeks  
2 cloves of garlic (finely chopped)  
Sprig of rosemary  
Salt & pepper  
1 carrot  
1 swede  
1 onion  
250ml beef stock  
Splash of red wine  
Butter

## Cooking Instructions:

- 1 Braise the beef cheeks off in a pan with a knob of butter. Add one garlic clove, a small sprig of rosemary and salt and pepper to season. Cook for 2 to 3 minutes on each side until brown and the outside has a nice crispy texture.
- 2 Add another knob of butter right at the end of cooking. Transfer to a casserole dish.
- 3 Peel and chop the carrot, swede and onion. Add to the beef, along with one chopped clove of garlic, 250ml beef stock and a splash of red wine.
- 4 Pre-heat the oven to 160°C and slow cook for approximately 4-5 hours.

Serving suggestions - This goes perfectly with homemade mashed potato.

