



Braised Beef Cheeks

Ingredients:

3-4 beef cheeks
4 carrots, diced
2 garlic cloves, diced
4 celery stalks, chopped
4 turnips, chopped
1 glass of red wine
1 bay leaf
Salt and pepper to taste
2 tbsp olive oil
1 small onion, chopped
1 tsp rosemary
6 thyme sprigs

Directions:

1. Strip the tough membrane from the cheeks.
2. Chewing cud makes the cheeks tougher than Chuck Norris's bodyguard, so they need to be braised in the oven or in a pan for 5-10 minutes.
3. Slap half the ingredients into a large pot and splash in enough water to cover the meat.
4. Pour a glass of wine, drink it, then pour one for the pot.
5. Cook for two hours, then throw in the rest of the veggies and continue cooking until they're to your liking.
6. The result? Beef so tender it chews like a mouthful of merlot, with enough extras for freezing.