

Braised beef cheek with Merlot



A recipe by Alessandro Boleso, chef at La Rucola Restaurant at the Grand Hotel Villa Castagnola.

Preparation



Time required approx. 180 minutes



Difficulty Average - For amateurs



Portion size 4 people

Features



Dish Meat - Beef



Typical product Beef - 0 km



Suitable in Winter - Family lunches

Braised beef

INGREDIENTS

- 4 beef cheeks
- 3 dl Merlot
- 2 dl of stock 1 carrot
- 1 stalk of white celery
- 1 onion
- 1 tin of tomato puree
- 2 soup spoons of flour
- 5 g dried porcini mushrooms
- 1 bay leaf
- Salt, pepper and oil to taste

Braised beef

PREPARATION

Dry the cheeks with paper towels, season with salt and pepper, flour them and sear them on both sides for two minutes in a non-stick frying pan with a little oil, remove from the pan and leave to cool.

Wash and peel the carrot and cut it with a knife in brunoise (very small cubes of 0.3 mm) repeat the operation with the onion and celery.

Fry the vegetables in a pan and brown the cheeks for a minute. At this point add the wine, let it come to the boil and evaporate the alcohol, then add the tomato, keep stirring until it comes to the boil again. Add the stock and stir on a moderate heat from time to time. Let it simmer for about two hours.

Check the cooking with a fork (it should go in and out of the meat without resistance).

Chef's tips

Buying beef cheeks from your local butcher.
Accompany them with a celeriac puree or a polenta from the Maggia Valley.