

Braised Beef Cheeks or Short Ribs.

Serves 4-6. Make one day ahead.

Red Wine Marinade

One 750-ml bottle red wine such as Cabernet Sauvignon or Pinot noir

Mirepoix

1 cup carrots, washed and chopped

1 cup leeks, washed and chopped (white and pale green parts only).

1 cup onions, peeled and chopped

5 cloves garlic, smashed

1 sprigs Italian parsley

4 sprigs thyme or 1 tsp dried thyme

1 bay leaf

Beef Cheeks or Short Ribs

6 beef cheeks (about 11oz / 340g each).

2 cups (500-ml) red wine marinade, at room temperature

Grapeseed oil to sear the meat

Fleur de sel or kosher salt, freshly ground black pepper

Flour for dusting (optional)

3 cups (750-ml) veal or beef stock*

*To intensify the flavors reduce 3 quarts (3-L) veal or beef stock by 3 cups (750-ml)

or 1 cup (250-ml) demi-glace mixed with 2 cups (500-ml) hot water to get 3 cups of liquid needed for the braising.



Onion and Tomato Confit

6 onions, peeled and sliced
1 Tbsp (15g) unsalted butter
1/2 Tbsp (7.5g) olive oil

Bouquet Garni

2 sprigs thyme
1 sprig oregano
3 sprigs Italian parsley
1 bay leaf
1/3 cup (80-ml) aged red wine vinegar
1 cup (250-ml) chicken, veal or beef stock
1 cup tomato confit, halved (watch oven-dried tomatoes video)
or 6 Roma tomatoes, cored and cooked with the onions.

Beef Cheeks Sauce

4 cups (1-L) beef cheeks braising liquid, strained
1 cup (250-ml) Ruby Port wine
Reduce by half.

Garnishing

Fresh oregano, basil, parsley...

Save vegetables scraps for your next batch of veggie stock. Bon appétit!

