



Miele

Pressure steamed beef cheek

By Shannon Bennett

24 hours

2 hours

4

Serves

INGREDIENTS

Beef Cheek

2 whole premium beef cheeks, trimmed and halved
5 sprig of thyme
1½ litres chicken stock
2 bay leaves
5 juniper berries
3 star anise
5 white peppercorns
Pinch of Murray River Sea Salt

Rocket Oil

1kg rocket, steamed
500ml grapeseed oil

To serve

Fresh green salad

METHOD

Beef Cheeks

1. Trim the beef cheeks of any excess fat and sinew.
2. Place beef cheeks, thyme, spices and chicken stock into a deep solid steam tray.
3. Place in the Pressure Steam Oven and pressure steam for 1 hour at 120°C.
4. Remove the beef from the oven and rest for 15-20 minutes.
5. Place two cups of the cooking liquid in a saucepan and reduce by half over medium heat, Induction setting 6.

Rocket Oil

1. Blend the rocket in a blender, add the grapeseed oil and blend until smooth.
2. Transfer puree to a saucepan and cook on low heat, Induction setting 1-2 for 30 minutes. Use a thermometer to ensure cooking temperature of 70°C.
3. Cool overnight and strain the following day.

To Serve

1. Place beef cheek on each plate, drizzle a tablespoon of rocket oil on each plate. Spoon over the reduced chicken stock.
2. Beef cheek can be served with fresh green salad and hand cut chips.

Note

- Cooking juices will keep in the refrigerator for one week, or in the freezer for up to 6 months.