

**Miele**

# Beef cheek, kale, mushrooms

By Matt Stone

**24 hours**

**2 hours 30 minutes**

**4-6**

Serves



## INGREDIENTS

### Beef cheeks

4 beef cheeks, cleaned of sinew  
100g fine salt  
2 litre water  
Olive oil  
750ml red wine  
2 litre brown chicken stock  
2 brown onions, medium size  
1 piece kombu  
1 head garlic, cut in half  
1 tbsp black peppercorns  
2 bay leaves

### Mushrooms

500g mushrooms, cleaned  
80g butter  
4 cloves black garlic, peeled, sliced  
2 tbsp thyme, picked

### Crispy kale

1 bunch kale, washed, stalks removed  
Olive oil  
Murray River salt flakes  
Black pepper

## METHOD

1. Dissolve salt in water. Place beef cheeks into a container and pour over the brine. Cover and refrigerate overnight.
2. Remove beef cheeks from the brine and discard liquid. Place a induction compatible oven dish on medium heat Induction setting 7. Add oil and beef cheeks. Sear on both sides until beef is brown, approximately 5 minutes.
3. Add in 60ml of red wine to deglaze the pan. Simmer for a few minutes, Induction setting 4 until the wine has almost evaporated. Remove cheeks and meats juice and set aside in a bowl.
4. Cut onions in half, top to tail, leaving the skin on. Add a tablespoon of oil and place the onions cut side down into the oven dish. Cook on Induction setting 7 until blackened.
5. Add garlic and remaining wine. Bring to the boil on Induction setting 8. Add in peppercorns, kombu and stock. Bring to the boil then reduce to a simmer for 5 minutes, Induction setting 4.
6. Return beef cheeks and meat juices back to the oven dish and immerse in the braising liquid.
7. Place a scrunched sheet of baking paper flush against the braising liquid. Reduce the heat Induction setting 3 and cook for approximately 2 hours.
8. Check beef cheeks are tender with a fork. If the meat is pulling apart with no resistance, it's ready. Allow the meat to cool in the liquid for at least 1 hour. Once cooled removed beef and strain broth through a sieve. Discard solids.
9. Place a saucepan on high heat induction setting 8 and reduce broth to form a thick sauce, skimming any foam or fat.
10. Once reduced to a glazing consistency, strain again through a fine sieve.

## Mushrooms

1. Clean mushrooms with damp paper towel and a soft brush to remove any dirt. Cut into wedges.
2. Place a frying pan on medium heat Induction setting 7. Add half the butter and cook until foaming.
3. Add the mushrooms in batches and season well. Increase heat Induction setting 8 and cook until mushrooms are golden. Add the garlic and remaining butter.
4. Once butter is melted add thyme leaves and season well. Remove from heat.

## Crispy Kale

1. Pre heat oven on Conventional 180°C.
2. Place kale leaves on a baking paper lined multi-purpose tray. Drizzle with olive oil and season with salt and pepper.
3. Cook for 5-8 minutes until crisp. Check halfway through cooking time.

## To Serve

1. Slice beef in thirds. Place reduced beef broth into a pan and add a tablespoon of water. Bring to the boil Induction setting 7.
2. Add the beef into the reduced sauce and glaze meat to coat.
3. Serve beef on a warm plate. Using a fork, break up the meat slightly.
4. Add mushrooms over beef and pour over sauce. Cover the beef with kale chips.

## Notes

- Beef cheeks can be prepared up to two days in advance. Cooked beef cheeks can be frozen for at least 1 month.
- Mushrooms can be cooked ahead of time and re-heated for serving.
- Any variety of mushrooms can be used for this dish, such as Pine mushrooms, Swiss brown, Portobello or Shitake.