



Beef cheek with kale and mushrooms

By Matt Stone

24 hours

Preparation Time

3 hours 30 minutes

Cooking Time

4-6 serves

Serves

INGREDIENTS

Beef cheeks

2 bay leaves

100 g cooking salt
2 litres (8 cups) warm water
4 beef cheeks, cleaned of
sinew
60 ml (¼ cup) olive oil
750 ml (3 cups) red wine
2 brown onions
1 head garlic, cut in half
1 tbsp black peppercorns
1 piece kombu
2 litres (8 cups) homemade
or store-bought brown
chicken stock

Mushrooms

500 g mushrooms, such as pine mushrooms, swiss brown, Portobello or shitake, roughly chopped 80 g butter 4 black garlic cloves, peeled, thinly sliced 2 tbsp thyme leaves

Crispy kale

1 bunch kale, stalks removed 2 tbsp olive oil Salt flakes and pepper, to taste

Recommended accessories

HGBB 71 Grilling and roasting insert for HUBB. Buy online here.
HUBB 5001-M Induction gourmet casserole dish.
Buy online here.

METHOD

Beef cheeks

- 1. Dissolve salt in the warm water. Place the beef cheeks into a container and pour over the brine. Cover and refrigerate overnight.
- 2. Remove the beef cheeks from the brine and discard the liquid. Heat 2 tablespoons of oil in a gourmet oven dish on medium-high heat, induction setting 7 for 5 minutes. Add the beef cheeks and sear on both sides until beef is brown, approximately 5 minutes.
- 3. Add 60 ml of the red wine to deglaze the pan. Simmer for a few minutes, on induction setting 4, until the wine has almost evaporated. Remove the cheeks and meat juice and set aside in a bowl.
- 4. Cut the 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 medium-high heat, induction setting 7 for 10 minutes or until onion is blackened.
- 5. Add the garlic and remaining wine. Bring to the boil on high heat, induction setting 8. Add the peppercorns, kombu and stock. Bring to the boil then reduce to a simmer on induction setting 4 for 5 minutes.
- 6. Return the beef cheeks and meat juices back to the casserole dish and immerse in the braising liquid. Add the bay leaves.
- 7. Place the oven dish on shelf level 2. Select Combi mode: Fan Plus at 130°C + 60% moisture for 3 hours or until cheeks are tender.
- 8. Check if the 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, remove beef and strain broth through a sieve. Discard solids.
- 9. Place a saucepan on high heat, induction setting 8 and reduce broth for 20 minutes 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. Place a frying pan on medium-high heat, induction setting 7. Add half the butter and cook until foaming.
- 2. Add the mushrooms to the pan and season well. Increase heat to induction setting 8 and cook until mushrooms are golden. Add the garlic and remaining butter.
- 3. Once butter has melted, add the thyme leaves and season well. Remove from heat.

Crispy kale

- 1. Preheat the oven on Conventional at 180°C.
- 2. Place the kale leaves on a universal 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 the beef in thirds. Place the reduced beef broth into a pan and add a tablespoon of water. Bring to the boil on high heat, induction setting 7.
- 2. Add the beef into the reduced sauce and glaze meat to coat.
- 3. Serve the beef on a warm plate. Using a fork, break up the meat slightly.
- 4. Place the mushrooms on top of the beef and pour over sauce. Cover the beef with crispy kale.

Hints and tips

- The beef cheeks can be prepared up to two days in advance. Cooked beef cheeks can be frozen for at least 1 month.
- Black garlic can be made using our warming drawers. Refer to this recipe for more details.
- This recipe can also be cooked in a conventional oven. Follow steps 1-6. For step 7 Cover the oven dish with a lid or foil and place in the oven on shelf level 2. Cook on Fan Plus at 130°C for 3 hours. Set the minute minder at 2 hours 15 minutes to remove the foil and cook uncovered for the last 45 minutes. Cook until the beef cheeks are tender.