

One Aldwych Winter Braised Beef in Red Wine and Port

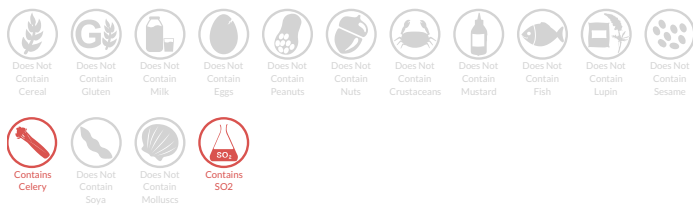
Ingredients

Product	Quantity
Beef Cheeks	600.00 g
One Carrot	61.00 g
One Onion	150.00 g
1/2 Bulb Garlic	40.00 g
One Celery Stick	60.00 g
1/2 Leek	130.00 g
200ml Port	200.00 g
500ml Red Wine	500.00 g
Potts' Beef Stock 500ml	500.00 g
Large Sprig of Thyme & Rosemary	1.00 g
Two Bay Leaves	1.00 g
Mashed Potato - Dairy Free	520.00 g
Smoked Bacon Lardons	200.00 g
Parsley, fresh	8.00 g

Serves: 4

Allergy Information

Key: Contains May Contain

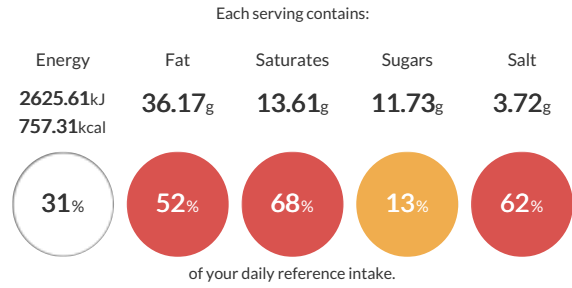


Dietary Information

Key: Suitable for



Reference Intake



Nutritional Summary

Energy	2625.61kJ 757.31kCal
Protein	44.29g
Carbohydrates	38.06g
of which sugars	11.73g
Non Milk Extrinsic Sugars	0g
Fat	36.17g
of which saturates	13.61g
Fibre	0.37g
Salt	3.72g
Sodium	12.07g
Iron	1.21mg
Calcium	41.96mg
Zinc	0.58mg
Folate	63.45µg
Vitamin A	53.3µg
Vitamin C	18.31mg

Method & Recipe Notes

Remove any excess fat from the cheeks and cut into approximately 2 inch dice. Peel, wash and chop the vegetables and place in a bowl with the wine, port, herbs and cheeks. Leave to marinade for 24hrs. Remove the veg and cheeks from the marinade. In a frying pan, add a little oil and sear the cheeks until browned all over. Remove and place into a large pot. In the same frying pan, add a little more oil and the vegetables, and cook gently for a few minutes. Add the vegetables to the pot with the beef. Add the marinade and beef stock to the pot, bring gently to the boil, cover with a lid and cook in the oven for 5 hours at 110 degrees. Once cooked, allow to cool slightly. Remove the cheeks and strain the rest through a sieve. Reduce the liquid by approximately 2/3s. Put the cheeks back into the sauce to warm and serve. Serve the braised beef and vegetables with mashed potato, lardons of smoked bacon and chopped parsley.

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