

THE *Boat House*

≈≈≈ RIVERSIDE DINING & BAR ≈≈≈

Slow Cooked Beef Cheek



Ingredients

- 4 beef cheeks
- 1 diced onion
- 1 chopped stick celery
- 5 chopped cloves garlic
- 1 peeled/chopped carrot
- 1 small bunch thyme
- 500ml red wine
- 1 tbsp tomato paste
- 3 bay leaves
- 250ml beef stock
- salt & pepper
- Good rapeseed oil

Directions

- In a heavy bottomed casserole pan, sear the seasoned & trimmed beef cheeks all over until browned. Remove and set aside
- Turn down the heat to medium. Add garlic and onion. Sauté for 3 minutes until onion is becoming translucent
- Add the celery and carrot, sauté for a further 3 minutes
- Pour in red wine and stir to loosen the caramelisation on the bottom
- Add the cheeks & remaining ingredients. Bring to a simmer, cover & transfer to oven @160C for 3 to 3 1/2 hours
- Gently remove the beef. Discard the thyme stems and bay leaves
- On the stove, simmer until reduced by about 1/3, season to taste
- Remove from heat, return beef cheeks to the sauce, cover and keep warm until ready to serve
- Serve with accompaniments of your choice

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Open all week

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Sun - Midday 'til 7pm



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Our (long suffering!) Fish supplier Grant is up at 3am every day sourcing the best British produce for our daily changing specials list

