

## Beef Cheek Bolognese

This recipe takes 8 hours to cook, but don't let this or the beef cheeks put you off. Beef cheeks (ox cheeks as you will find them in good butchers and supermarkets) are a great tasty alternative to mince and relatively in expensive for the quality of the dish. Cooking them slowly produces the soft and tender meat, that is full of flavor.

### Serves 6:

#### For the bolognese

1ltr chicken stock or equivalent cube/powder  
50g gravy granules  
3 tomatoes cut into 4 wedges  
50ml white wine vinegar  
2 sprigs of rosemary  
1 bulb garlic – sliced in half  
75g tomato ketchup  
8 drops Worcestershire sauce  
1kg ox cheeks - cut into small pieces  
300g onions – roughly chopped  
350g button mushrooms - each one cut into ½  
10g flat parsley  
200g carrots – peeled and diced

1. Place a pan onto the stove and heat some oil until hot.
2. Add the ox cheeks and begin to colour on each side until brown, this will take around 5 minutes.
3. Once coloured, add the chopped onions, diced carrot and mushrooms and colour them for 5 minutes more.
4. Now add the chopped tomatoes and vinegar and scrap the bottom of the pan to remove any cooking sediment, this is all flavour so good to clear the base of the pan, add the red wine and bring to the boil for 1 minute.

5. Place the rosemary, garlic and chicken stock into the pan, turn up the heat and bring to the boil, once boiling mix in the gravy granules, tomato sauce and Worcestershire sauce. Mix well and place in an oven at 110°C and cook for 8 hours with a lid on the pan or casserole dish.
6. Once cooked breakdown the meat by pushing on it with a fork and mix together. Add some chopped parsley, and serve over spaghetti, with a sprinkling of Parmesan if you wish. This can also be served at a later time, chill down before adding the parsley, and store covered in the fridge for up to 4 days, to reheat simply place on a low heat and add the parsley just before serving.