

# Taste the Hills

## Recipes and Tips

Ox cheeks in Guinness  
Serves 4 hungry people!

It's really important to let the beef cheeks sit outside the fridge at a reasonable room temperature for at least an hour before you fry them to take the chill off. If you cook meat from ice cold it will be tough!

4 large beef/ox cheeks	2 onions, chopped
4 carrots, chopped	2 sticks celery, chopped
1 bulb of garlic, cut in half	3 sprigs thyme
1 bottle or can of Guinness	sea salt and freshly ground black pepper
a little plain flour	2 tbsp olive oil
150g butter	500ml beef stock
1 tbsp Worcester sauce	1 tbsp redcurrant jelly

Day 1 Place the cheeks in a large bowl with the onions, chopped carrot, garlic and thyme. Pour over the beer, cover and place in the fridge for at least 12 hours, but preferably overnight. (the marinating is not essential but it does add a depth of flavor)

Day 2

Preheat the oven to 150C/300F/Gas 2. Or use your slow cooker.

Strain off the beef and vegetables, pat dry the cheeks dry, then season with a little salt and pepper and roll in the flour. Reserve the marinade.

Heat a large casserole or ovenproof pan until hot, add the olive oil and a knob of the butter. When foaming, add the beef cheeks two at a time and fry on each side until browned. Remove and set aside.

Soften the vegetables in the pan then return the beef to the pan. Add all the other ingredients together with the reserved marinade.

Bring to a simmer then cover with a lid, leaving the lid slightly ajar so you have a 1cm/½in gap at the side. Cook in the oven for 4-5 hours.

Remove the casserole from the oven and strain the liquid into a saucepan, then place over the heat and cook until the volume of liquid has reduced and is thick enough to just coat the back of a spoon.

Whisk in the remaining butter until the sauce is shiny. Season to taste. To serve, lift out the beef cheeks and place in shallow bowls with the sauce. Great with mash and greens.

Feeling inspired? Pick up a leaflet or visit our website to find other cookery courses on offer at the Discovery Centre

**LUDLOW**  
FOOD FESTIVAL

Pop up kitchen sponsored  
by Ludlow Food Festival

Shropshire Hills Discovery Centre –  
the home of Grow Cook Learn

School Road, Craven Arms, Shropshire SY7 9RS

Email: [info@shropshirehillsdiscoverycentre.co.uk](mailto:info@shropshirehillsdiscoverycentre.co.uk)

Tel: 01588 676060 [www.shropshirehillsdiscoverycentre.co.uk](http://www.shropshirehillsdiscoverycentre.co.uk)

grow  
cook  
Learn

Charity no: 1158795