SLOW-COOKED BEEF CHEEK

WITH CREAMY MASH, TUSCAN KALE, RED WINE JUS

The firm tannins of the Shiraz cut through the richness of the beef cheek, while Tuscan kale adds an earthy, slightly bitter lift. Cook it the day before. The flavours deepen overnight and the beef gets even more tender.

PAIR WITH 2023 VS 2017 BLUEGRASS SHIRAZ

Ingredients

For the ragu:
1kg beef cheeks, trimmed and cut into large pieces
1 onion, finely diced
2 carrots, finely diced
2 celery sticks, finely diced
4 garlic cloves, crushed
1 cup Bluegrass Shiraz
400g tin crushed tomatoes
2 tbsp tomato paste
1 cup beef stock
2 bay leaves
1 sprig fresh rosemary
Bunch of Tuscan kale (cavolo nero), stems removed, roughly chopped
Salt and pepper
Olive oil

For the mash:
1kg potatoes (Sebago or Dutch cream), peeled and chopped
60g butter
1/2 cup warm cream
Salt and white pepper

Method

Season the beef cheeks with salt and pepper. Brown in a hot pan with olive oil on all sides. Transfer to the slow cooker. In the same pan, cook the onion, carrot, celery and garlic until soft. Add the tomato paste and cook for 1 minute. Deglaze with the Shiraz. Pour everything into the slow cooker.

Add the crushed tomatoes, stock, bay leaves and rosemary. Cook on low for 8 hours or high for 5-6 hours until the beef falls apart. In the last 20 minutes, wilt the Tuscan kale into the ragu.
Boil the potatoes until tender. Drain. Mash with butter and warm cream. Season.

Serve the ragu over creamy mash. Pour both Shiraz glasses side by side.

Serves 4-6