

# Arum Nixon's Beef Cheeks with Mandarin and Star Anise

Beef cheeks are the perfect cut for slow cooking. What starts as a tough piece of meat cooks down to something so meltingly soft you can cut it with a fork. Not only that, but the cooking juices reduce down to a delicious sauce, keeping all that flavour. I'd serve this with some creamy, buttery mash and something green like broccoli or beans, for my ideal winter comfort food.



Westfield

TENDER  
gourmet  
BUTCHERY

# Arum Nixon's

# Beef Cheeks with

# Mandarin and Star Anise

## Ingredients

- 4 x 200g beef cheeks, trimmed
- 2 tbs olive oil
- 1 large onion, halved and thinly sliced
- 1 good quality beef stock
- 2 mandarins
- 7-8 whole star anise
- 1 bay leaf

## Method

1. Preheat the oven to 160 degrees.
2. Heat the oil in a heavy based ovenproof saucepan or casserole over a medium heat. Add the beef cheeks, and brown well on all sides – be careful not to overcrowd the pan, cook in batches if needed. Remove the meat from the pan and set aside. Add the onion to the pan and cook for 7-8 minutes until softened, stirring occasionally. Return the meat to the pan with the beef stock and stir to mix.
3. Wash the mandarins well in warm water to remove any wax. Dry, and cut the zest into long strips using a peeler. Add to the pan, along with the star anise and bay leaf, and stir to combine.
4. Cover with a lid and place in the oven for 4 hours or until tender. The meat should still be holding together, but soft enough to pull apart with a fork.
5. Carefully remove the beef from the pan as it will be very soft and set it aside. Strain the juices through a fine strainer and return to the pan.
6. Simmer over a high heat until reduced by about half. It should start to thicken slightly, and the flavour intensify. Squeeze the juice of the mandarins and use to season the sauce to taste.
7. Return the cooked beef to the pan and carefully baste with the sauce. Serve hot with any remaining sauce on the side.

## Tips and Tricks

- This is the perfect dish for slow cooking. It takes a little bit more preparation, but it's well worth it to pop this on first thing in the morning – come home at the end of the day to dinner ready and the smell filling the house.
- Any leftovers are very versatile. You could easily serve the next day with rice instead of mash, and maybe some stir-fried or steamed Asian greens. Add a dash of soy sauce to loosen the sauce if needed. Or add a can of tomatoes, shred the meat and cook down into a ragu-style sauce to serve with pasta.

**Serves 4**

