

GUANCE DI MANZO BRASATO CON VINO ROSSO (BRAISED BEEF CHEEKS WITH RED WINE)

PAIRED WITH 2009 MOUNTAIN CUVÉE | 6-8 SERVINGS

INGREDIENTS

1 Tablespoon Olive Oil
8 Ounces Smoked Carlton Farms Bacon, diced
2½ Pounds Beef Cheeks, cut into 1-inch cubes
Kosher Salt & Freshly Ground Black Pepper
2 Large Yellow Onions, diced
3 Tablespoons Garlic, chopped
¼ Cup Tomato Paste

¼ Cup AP Flour (*Can use Brown Rice Flour
or Garbanzo Flour to make it gluten-free*)
3 Cups Dry Red Wine
2½ Cups Beef Broth
1 Tablespoon Rosemary, Fresh, Minced
1 Pound Carrots, 1 Inch Pieces
¼ Cup Parsley, Minced

METHOD

1. Preheat the oven to 300 degrees F.
2. Heat the olive oil in a large Dutch oven over medium heat. Add the bacon and continue cooking until the bacon is lightly browned. Remove the bacon and reserve, leaving the bacon fat behind.
3. Season the beef with salt and pepper. Increase the heat to high and the meat to the oil and sear the beef, turning to brown on all sides.
4. Remove the seared meat and cook the remaining beef using the same method. Reserve.
5. Once all the beef is browned and set aside, add the onions and garlic to the pan and cook for 8-10 minutes.
6. Add the tomato paste and cook for an additional 5-8 minutes.
7. Add the flour and stir well to combine.
8. Add the wine while whisking continuously to prevent lumps. Add beef broth while continuing to whisk.
9. Add the bacon, beef, and rosemary to the wine mixture and increase the heat to high and bring to the boil then immediately reduce the heat to a simmer.
10. Cover and place the pot in the oven. Continue to cook for 1½ hours.
11. Remove the beef mixture from the oven and add the carrots. Return pot to oven and continue cooking for 30-45 minutes or until carrots are tender.
12. When the carrots are tender, remove the pot from the oven. Adjust the seasoning with salt and pepper and stir in the parsley. Serve over risotto or polenta.