

# BEEF CHEEKS

## WHAT YOU'LL NEED

SERVES 6

- 6 beef cheeks
- ½ vanilla pod
- 1 cinnamon stick
- 2 sprigs of rosemary
- 2 sprigs of thyme
- 2 bottles of sweet stout
- 2 bottles of St Andrews Golden Ale

## WHAT TO DO

1. Make a marinade split the vanilla pod in half and add the cinnamon stick and both herbs.
2. Rub this into the cheeks and pour the beers over the cheeks and leave to marinade for 3 days.
3. Preheat the oven to 160°C.
4. Remove the cheeks from the marinade.
5. Reduce the marinade by half to enrich the flavour.
6. In a heavy casserole dish seal the marinated cheeks until golden.
7. Add the reduced marinade and 1 Litre of brown chicken stock. Cover the dish with a lid and place the dish in the oven for about 2 ½ hours.
8. Test if the cheeks are cooked by inserting a small knife, if the cheek glides off it means it's cooked, if not return the dish to the oven and cook further.