



Pasta Vera Pappardelle & Slow Cooked Beef Cheeks

INGREDIENTS

Serves 6

1 kg **Pasta Vera Pappardelle**

2kg beef cheeks

salt and pepper

1 onion, diced

2 cloves garlic, minced

1/2 cup carrots, diced

1/2 cup red wine

1 cup beef stock

400g tin of chopped tomatoes

80g tomato paste

2 bay leaves

1 teaspoon sugar, to taste

parmesan, finely grated to serve

1/2 cup parsley, chopped



METHOD

Remove fat from the beef cheeks. Pat dry with a paper towel and season generously with salt and pepper.

Heat a large, heavy based pot over high heat with a tablespoon of olive oil. Add the beef cheeks (one by one) and sear on each side to brown all the edges (a few minutes per side). Remove and set aside. In the same pot, turn down the heat to low and add the onion and garlic. Sauté for 5 minutes, stirring continuously.

Add the diced carrot and cook gently for 10 minutes until softened.

Add a splash of red wine and cook for a couple of minutes.

Add the rest of the red wine, beef stock, tinned tomatoes, tomato paste and bay leaves, stirring to combine.

Add the seared beef back into the sauce. Bring to a simmer, then cover and turn to a very low heat and keep at a low simmer for 3 hours. Add sugar to taste.

Remove the lid and simmer for a further 30 minutes or until the beef cheeks are almost falling apart. Remove the beef from the pot and set aside.

Bring the sauce to a rapid simmer for a further 20 minutes to thicken.

Use two forks to shred the beef into bite-size pieces. Return to the sauce and stir to combine.

To serve

Bring a large pot of salted water to the boil, add **Pasta Vera Pappardelle** and cook for 3 - 4 minutes until al dente. Drain and add the pappardelle to the sauce and toss to thoroughly, coating the pasta in the sauce.

Serve with grated parmesan and finely chopped parsley.