

Guancette di manzo brasate

Difficulty:

Preparation time: 30 minutes

Cooking time: 1 hour

Ingredients:

- * 20 beef cheeks
- * 200 g celery
- * 200 g carrots
- * 200 g onion
- * 4 cloves garlic
- * 4 juniper berries
- * 4 sage leaves
- * Salt
- * Pepper
- * Olive oil
- * 2 g rosemary
- * 2 g thyme
- * 4 g parsley
- * 2 l red wine
- * 500 g rice flour
- * 200 g tomato sauce

Steps:

1. Clean, peel and wash the celery, carrots and onions. Cut them into small cubes.
2. Roast the vegetables in a saucepan with the herbs, salt, and pepper to taste.
3. In a saucepan, reduce the red wine by half, making sure all the alcohol is consumed (a whisk can help).
4. Add the reduced wine to the roasted vegetables with the tomato sauce. Continue cooking over low heat.
5. Meanwhile, prepare the beef cheeks by removing any excess fat and connective tissue. Cut them into d
6. Sear the beef cheeks in a skillet with olive oil, turning them regularly on all sides.
7. Once the beef cheeks are seared, remove them from the heat and season with salt and pepper.
8. Fill a pastry bag with the beef cheeks and tomato sauce mixture. Seal the bag under vacuum pressure.
9. Place the bags on a perforated tray in a Steam&Fry cabinet.
10. Follow the cooking program recommended for your cabinet.