



# Slow-Cooked Grass-Fed Beef Cheek With Orange Vignoles Gastrique

Chef Craig Cyr, Formerly of The Wine Cellar & Bistro

(Serves 4 to 6)

*This recipe highlights a more economical cut of beef, which if prepared correctly, can be a real delicacy. To add some spice and acidity, serve with spicy kimchee.*

## ingredients

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rendered beef cheek lard from trim for searing	1 teaspoon coriander, toasted
5 pounds beef cheek, silver skin removed	¼ cup sherry vinegar
1 medium onion, large diced	½ cup tamari (gluten-free soy sauce)
2 carrots, large diced	1 tablespoon sorghum molasses
2 celery ribs, large diced	splash of local madeira wine
4 thyme sprigs, leaves minced	1 quart chicken or beef stock
	Vignoles Gastrique (recipe follows)

## Directions

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Sear all sides of the beef cheek in a large sauté pan. Scatter vegetables and herbs over pan and continue to cook over medium-high heat until browned. Pour in vinegar, tamari, molasses and wine; reduce until sticky. Add stock to cover and braise until tender (3 to 4 hours or until fall-apart tender). Cool meat in broth so it can reabsorb some of the juices, then strain and reduce to a glaze. Spoon gastrique over meat to serve.

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## Vignoles Gastrique

### ingredients

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1 cup honey  
1 cup rice wine vinegar  
¼ local Vignoles (Adam Puchta)  
1/8 cup orange juice  
1/8 cup lemon juice

### Directions

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Mix honey and vinegar; simmer and reduce by half. Add wine and juices and reduce by half again. Store at room temperature in a squeeze bottle. Serve with Braised Beef Cheek.