

COWBOY CHEF'S TABLE

CHEF THERON JESSOP, EXECUTIVE CHEF AT SPRINGS AT THE ARTESIAN

BRAISED BEEF CHEEKS INGREDIENTS - SERVES 4

2 LBS BEEF CHEEKS, TRIMMED	1 BAY LEAF
1/4 C RED MISO	1 T TAMARIND PASTE
1/4 C SOY	1/4 C LIME JUICE
1/4 C MIRIN	1/4 C BROWN SUGAR
2 T FISH SAUCE	2 QTS WATER
4 STAR ANISE	SALT & PEPPER TO TASTE

METHOD

STEP 1 - Season beef cheeks with salt and pepper.

STEP 2 - Sear beef cheeks until golden brown.

STEP 3 - Pre-heat oven to 300°F. Add all ingredients to the braising pan and cook at 300 F for 4-6 hours until tender.

STEP 4 - Remove beef cheeks from liquid and set aside to cool.

STEP 5 - Take braising liquid and reduce and reserve.