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His Royal Highness The Prince Charles,  
Duke of Rothesay

## Slow cooked Mey Selections Beef Cheek with Wolf Beer and vegetables

Serves 3-4

### Ingredients

- 500g Mey Selections Beef Cheek
- 1 medium onion
- 2-3 carrots
- 1 leek
- Cullisse Highland rapeseed oil
- Böd Ayre Seaweed Sprinkle
- Freshly milled black pepper
- 1 bottle Windswept Brewing Company Wolf Beer

### Method:

1. In a sturdy pan, heat oil and sauté cuts of cheek to brown and seal.
2. Add sliced onion, leek and carrots and continue to roast.
3. Season and deglaze all the pan juices with Wolf Beer. Place on lid and simmer very gently for a couple of hours to slow cook, checking and adding more beer as necessary to prevent it drying. Transfer to a casserole dish and oven cook on a low temperature if preferred.
4. Remove from oven and taste to adjust seasoning as necessary.

*Serve with local mashed potatoes to mop up the lovely juices.*

*Recipe from Wendy Barrie. [www.wendybarrie.co.uk](http://www.wendybarrie.co.uk)*