

# Bay Leaf - Dinner Parties



## SLOW COOKED BEEF CHEEKS

---

### What's Included



Slow cooked beef cheeks with gremolata, parsnip puree and polenta chips

Beef Cheeks  
Parsnip puree  
Gremolata  
Polenta chips

### Method

- Bring a large pot of water to simmer and add bag(s) of beef cheeks – simmer for 30 mins
- Preheat oven to 180 degrees
- Line a baking tray with baking paper and put the polenta chips in the oven for 8-10 minutes
- Add the bag(s) of parsnip puree to the pot with beef cheeks and heat for approx 6 mins
- Warm dinner plates and add a smear of parsnip puree to the plate, then add the beef cheek, some jus from the bag and gremolata
- Place the polenta chips in a bowl, serve and enjoy!

