

North African Beef Cheeks With Orange

Serves 4



4 250g beef cheeks
4 tbsp flour of choice, seasoned with salt and pepper
1 400g (16 oz) can crushed Italian tomatoes
4 tbsp olive or vegetable oil
2 onions, peeled and diced rough and chunky
3 cloves of garlic, diced
 $\frac{1}{2}$ tsp Mrs Rogers chilli flakes
1 tsp Mrs Rogers ground cumin
1 tsp Mrs Rogers ground cardoman
1 tsp Mrs Rogers smoked paprika
2 cups beef or vegetable stock (broth)
1 cup orange juice
Grated zest of one orange
1 cup diced prunes
1 cup diced dates

1 400g tin kidney beans, well rinsed

Method

Pre-heat oven to 150C

Mix the beef cheeks in a bag with the seasoned flour. Remove

and shake off any excess flour.

In an oven and stove top safe casarol dish heat 2 tablespoons of oil over a medion hot heat. Once hot add 2 beef cheeb and brown on all sides. Remove to a dish and finish the other two and set aside.

Add the other two tablespoons of oil and onion, cook for 5 minutes, stiring. Once they have started to sweet down add the paprika, cumin, cardoman and chilli. Reduce heat to medium and stir to combine. Cook stiring for 1 minute and add the tomatoes, garlic, orange zest, prunes and dates.

Cook for 2 more minutes and add 1 cup of stock and the orange juice. Once it is simmering add the browned beef cheeks. Top with stock, cover and bring to a simmer.

Once simmering place in the oven and cook for 2.5 hours.

After 2.5 hours remove and stir in the kidney beans. Taste sauce and adjust seasoning to taste and return to oven for 2 hours.

Remove and stir.

Serve on a bed of rice or over a sweet potato mash.