

Braised ox cheeks with mashed potatoes and Brussels sprouts

Total time **150 mins** 30 mins preparation time **120 mins** cooking time

Nutritional facts (per portion):
8785.6 kJ / 2108.9 kcal

Fat: **128.6 g** Protein: **133.9 g**
Carbohydrates: **79.4 g**

INGREDIENTS

4 portion(s)

For the ox cheek:

1 carrot
100 g celeriac
1 onion
0.5 bulb garlic
3 tbsp rapeseed oil
1 tbsp tomato purée
150 ml red wine
80 ml Kikkoman Naturally Brewed Soy Sauce
350 ml water
4 ox cheeks
3 tbsp rapeseed oil

For the turnip-potato mash:

500 g waxy potatoes
400 g turnips
100 ml milk
80 ml olive oil
4 pinch of salt
1 pinch of sugar

For the Brussels sprouts:

300 g Brussels sprouts
2 tbsp rapeseed oil
2 tsp honey
2 tbsp apple juice
2 tbsp Kikkoman Naturally Brewed Soy Sauce

PREPARATION

Step 1

1 carrot - **100 g** celeriac - **1** onion - **0.5** bulb garlic - **3 tbsp** rapeseed oil - **1 tbsp** tomato purée - **150 ml** red wine - **80 ml** Kikkoman Naturally Brewed Soy Sauce - **350 ml** water

Wash and dry the carrots and celeriac and cut them into walnut-sized pieces. Peel the onion and garlic and chop both coarsely. Fry everything with rapeseed oil in a pan until golden brown. Add the tomato purée and fry briefly. Deglaze with red wine and reduce by half. Add Kikkoman Soy Sauce and water and simmer for about 10 minutes. Pour the stock through a sieve into a jug and discard the vegetables.

Step 2

4 ox cheeks - **3 tbsp** rapeseed oil

Preheat the oven to 180 °C top and bottom heat, and the roasting pan without the lid. Wash and dry the ox cheeks. Thinly trim off the silver skin and fat. Rub the ox cheeks with oil and bake them in the pan for about 10 minutes in the oven. Pour in the stock from step 1 and leave to braise, covered, for about 90 minutes.

Step 3

500 g waxy potatoes - **400 g** turnips - **100 ml** milk - **80 ml** olive oil - **4 pinch** of salt - **1 pinch** of sugar
Wash and dry the potatoes and turnips. Cut both into large cubes, place in a saucepan with cold water and boil until soft. Drain the water and mash with milk, olive oil, salt and sugar. If the purée is too dry, add a little more milk. Cover and keep warm.

Step 4

300 g Brussels sprouts - **2 tbsp** rapeseed oil - **2 tsp** honey - **2 tbsp** apple juice - **2 tbsp** Kikkoman Naturally Brewed Soy Sauce

Wash and dry the Brussels sprouts. Cut out the stalk with a small knife and pluck off the outer leaves. Fry in a pan with oil. Deglaze with honey, apple juice and Kikkoman Soy Sauce. Remove from the heat.

Step 5

Arrange the ox cheeks with the braising sauce, potato purée and Brussels sprouts and serve.