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# Provençal style beefcheek

## Ingredients for 4 persons

500G beef cheek  
1 tin crushed peeled tomatoes (or 350g diced fresh tomatoes)  
1 green pepper  
1 red pepper  
1 carrot  
1 celery stalk  
3 tablespoons tomato paste  
1 onion  
1 garlic clove  
1 bottle of red wine  
2 tablespoons PDO huile d'olive d'Aix-en-Provence  
100G PDO olives noires de Nyons (black olives)  
Bouquet garni (bay leaves, thyme ...)  
Salt, pepper, Espelette pepper PDO



Preparation: 20 mins  
Cooking: 3 hours

Cut the beef cheek into pieces. Heat a cast-iron casserole-dish with a tablespoon of olive oil and sauté the pieces of meat to colour all its sides.

In the meantime, peel and chop the garlic and onion as well as the peppers, carrot and celery (and tomatoes if they are fresh). Add the whole in the casserole-dish (except the tomato), cook over high heat for 5 minutes while stirring from time to time. Add the chopped tomatoes, tomato paste, then the red wine. Season and add the bouquet garni. Mix, cover the casserole-dish, lower the heat.

Cook covered for 3 hours at low heat (to save time, you can choose the pressure cooker, 1 hour under pressure). 30 minutes before the end of the cooking time, add the black olives.

Adjust the seasoning, add a tablespoon of olive oil and some Espelette pepper PDO.

The dish is ready to serve with pasta or mashed potatoes.