

Beef Cheek Tacos

Cooked in a Low Temp Cook & Hold Oven

COOKING GUIDE


COOK TIME
4 Hours


COOK TEMP
325°F (163°C)


HOLD TIME
1-4 Hours


HOLD TEMP
150°F (66°C)


CUISINE
Hispanic



Ingredients

- ◆ 10lb of Beef Cheeks, Trimmed
 - ◆ Olive Oil
 - ◆ Butter
 - ◆ 1-2 Cup Diced Onion
 - ◆ 1/2 - 3/4 Cup Diced Celery
 - ◆ 1/2 - 3/4 Cup Diced Carrot
 - ◆ 3-5 Fresh Bay Leaf
 - ◆ 4-5 Cups Beef Stock
 - ◆ 4 Cups Dark Mexican Beer
 - ◆ Fresh Garlic, Cumin, Goya Sazon, Kosher Salt, and Pepper (to Preference)
- ADDITIONAL ITEMS**
Tortillas, Pico de Gallo, Cilantro, Cotija Cheese, Avocado, Hot Sauce

Instructions

- ◆ Set LCHR with outlined cook settings.
- ◆ Season beef cheeks with your desired seasoning, and add the flavors and spices that you like.
- ◆ Sear cheeks over high heat, aggressively to form a nice crust.
- ◆ Remove the cheeks for the heat and place in a 4" hotel pan.
- ◆ Add mirepoix to the hot pan with 1/2 cup beer, deglaze, and sauté vegetables until they just start to brown.
- ◆ Add remaining stock and beer, bring to a rapid boil and turn off the heat.
- ◆ Cover beef cheeks with about 1 inch of liquid.
- ◆ Add thyme sprigs and bay leaves and cover with tight fitting lid or foil wrap.
- ◆ Load the pan into the LCHR and begin the cook cycle.
- ◆ Allow beef cheeks to hold for at least 1 hour in the oven before serving.

Equipment Instructions

- ◆ Set Cook Temperature to 325°F (163°C)
- ◆ Set Cook Time to 4 Hours
- ◆ Set Hold Temperature to 150°F (60°C)
- ◆ Set Hold Time to 1-4 Hours
- ◆ Once the hold cycle is complete, serve and enjoy!

