



## Slow-cooked ox-heart ragu

Ox-hearts are not usually come by on a standard supermarket shop, however they are cheap, low in saturated fat, high in protein and B vitamins. If you never go to a butcher's shop, I highly recommend it. They are a wealth of knowledge and generally very pleased to prepare interesting cuts for you. In a cost of living crisis, we could all do with some cheaper food and this uses cheap meat and a cheap cooking method.

### **Serves 4**

#### Ingredients

- |                              |   |
|------------------------------|---|
| 1 tbsp olive oil             | 250ml beef stock (ask your butcher for some bones to make your own) |
| 1 red onion, chopped         | 2 large carrots, cut into small dice                                |
| 400g trimmed ox-heart, diced | 2 celery stalks, cut into small dice                                |
| 2tbsp plain flour            | 2 bay leaves  |
| 75ml red wine                | 2 tbsp rosemary or thyme, finely chopped                            |
| 2 tins chopped tomatoes      | Seasoning to taste  |
| 2 tbsp tomato puree          |   |

#### Method

Heat the oil in a frying pan and cook the onion for a few minutes. Meanwhile coat the meat in the flour and add it to the pan and fry until browned all over. You are not looking to cook it, just get some caramelisation on the edges.

Once browned, tip the meat and onions into your slow cooker and deglaze the pan with the wine. Add this to the pot too along with all the other ingredients. Cook on low for 6 hours or high for 4 hours. Serve with pasta or mashed potatoes and a green vegetable.