

# Melt-in-Your-Mouth Low FODMAP Braised Beef Cheeks

*Ultra-tender beef cheeks braised until they fall apart, served with silky mashed potatoes and rich gravy—pure comfort food that's gentle on your gut.*

Prep: 20 min

Cook: 240 min

Total: 260 min

Servings: 6

**Low FODMAP ✓**

## Ingredients

1.2kg beef cheeks, trimmed

**divided use** 3 tablespoons garlic-infused olive oil

**about 200g total** 2 medium carrots, diced

**about 100g total** 2 stalks celery, diced

**low FODMAP in this amount** 2 tablespoons tomato paste

**FODMAP-safe in this amount, about 40ml per serving** 250ml dry red wine

**ensure no onion or garlic added** 750ml low FODMAP beef stock

2 bay leaves

**plus extra for garnish** 4 sprigs fresh thyme

**to taste** Salt and freshly ground black pepper

**such as Russet or Maris Piper** 1kg starchy potatoes, peeled and cubed

180ml lactose-free milk, warmed

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**or regular butter if tolerated** 60g lactose-free butter

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**for thickening gravy** 2 tablespoons cornstarch

## Instructions

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### Step 1: Prepare and Sear the Beef

(15 min)

Preheat your oven to 160°C (320°F). Pat the beef cheeks completely dry with paper towels and season generously with salt and pepper on all sides. Heat 2 tablespoons of garlic-infused oil in a large Dutch oven or heavy-bottomed pot over medium-high heat. Working in batches to avoid crowding, sear the beef cheeks for 3-4 minutes per side until deeply browned and caramelized. Transfer the seared meat to a plate and set aside.

### Step 2: Build the Braising Base

(7 min)

Reduce heat to medium and add the remaining tablespoon of garlic-infused oil to the pot. Add the diced carrots and celery, cooking for 5-6 minutes until they begin to soften and develop some color, stirring occasionally. Stir in the tomato paste and cook for another minute until it darkens slightly and becomes fragrant.

### Step 3: Deglaze and Add Liquid

(8 min)

Pour in the red wine, using a wooden spoon to scrape up all the flavorful browned bits stuck to the bottom of the pot. Let the wine simmer for 3-4 minutes to reduce slightly and cook off the alcohol. Add the beef stock, bay leaves, and thyme sprigs, then return the seared beef cheeks to the pot along with any accumulated juices. The liquid should come about halfway up the sides of the meat.

### Step 4: Braise Until Tender

(240 min)

Bring the liquid to a gentle simmer, then cover the pot with a tight-fitting lid and transfer it to the preheated oven. Braise for 3.5 to 4 hours, checking occasionally, until the beef cheeks are incredibly tender and can be easily pulled apart with a fork. The meat should yield with almost no resistance.

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## Step 5: Prepare the Mashed Potatoes

(25 min)

About 30 minutes before the beef is done, place the cubed potatoes in a large pot and cover with cold salted water. Bring to a boil over high heat, then reduce to a simmer and cook for 15-18 minutes until the potatoes are completely tender when pierced with a fork. Drain well and return to the pot. Add the warmed lactose-free milk and lactose-free butter, then mash until smooth and creamy. Season with salt and pepper to taste, cover, and keep warm.

## Step 6: Finish the Gravy

(10 min)

Carefully remove the beef cheeks from the braising liquid and transfer to a serving platter, covering loosely with foil to keep warm. Strain the braising liquid through a fine-mesh sieve into a saucepan, discarding the vegetables and herbs. Skim off any excess fat from the surface. Mix the cornstarch with 3 tablespoons of cold water to create a slurry, then whisk it into the braising liquid. Bring to a simmer over medium heat and cook for 3-4 minutes, stirring frequently, until the gravy thickens to your desired consistency. Taste and adjust seasoning with salt and pepper.

## Step 7: Serve

(5 min)

Divide the creamy mashed potatoes among serving plates and top each portion with a beef cheek. Generously ladle the rich gravy over the meat and potatoes. Garnish with fresh thyme leaves if desired and serve immediately while piping hot.