



## ALPHA OMEGA

### Herb Gnocchi, 16-Hour Braised Beef Cheeks, Little Italian Onion, Black Garlic Brodo

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Yield: Serves 4 to 6

Gnocchi

Ingredients:

3/4 cup of water  
6 tbsp. of unsalted butter  
2 tsp. of salt  
1 cup (125 grams) of all-purpose flour  
1 tbsp. of Dijon mustard  
1 tbsp. of finely minced chives  
1/2 tbsp. of finely minced fennel leaves  
1/2 tbsp. of finely minced cilantro leaves  
1/2 cup (56 grams) of shredded Emmental cheese  
2 large eggs + 1 large egg separated

Method:



- Have all the ingredients prepared and ready to go on the side. Make sure all the herbs are super-finely minced so the gnocchi can be cut neatly later.  
Combine water, unsalted butter and salt in a large pot and bring to a simmer over medium-low heat (to prevent too much water-evaporation before the butter melts).
- Once the butter has completely melted, add the flour all at once. Stir with a wooden spoon until the mixture is even and comes into a glossy and smooth dough.
- Continue to cook the dough over medium-low heat for a couple of minutes, until a thin coating starts to form at the bottom of the pot (but not browning).
- Remove the pot and cool it inside the sink filled with shallow, cold water. (Make sure the water doesn't overflow into the pot.)
- Once the pot is cool enough to touch, move it back to the counter over a clean towel.  
Add Dijon mustard, minced chives, minced fennel leaves and minced cilantro leaves, then mix evenly with a wooden spoon.
- Add the shredded Emmental cheese and mix evenly again.
- Add 2 large eggs, one at a time and mix it into the dough until completely smooth before adding the next. (You might find a fork being more useful than a wooden spoon here.)
- Then add the third separated egg yolk, mix until smooth, and check the consistency.
- A scoop of the dough on a tilted wooden spoon should fall down very, very slowly. If it doesn't move and seems too stiff or dry, add just 1 tbsp of the separated egg white to adjust.  
Transfer the dough into a piping bag and let rest at room-temperature for 30 minutes.

- Bring a pot of water with a good pinch of salt to simmer.
- If you are using disposable piping bag, cut a 3/4" opening at the tip, or fit a reusable piping bag with a plain tip.
- Keep the water at a very gentle simmer, then squeeze the dough out of the piping bag while "cutting" it into the water with a small knife.
- If the dough sticks to the knife, dip the knife in the hot water then continue. Poach the gnocchi for another 1 - 2 minutes after they've floated to the surface of the water. Remove with a slotted spoon and do the next batch. Evenly scatter the gnocchi on a parchment-lined sheet and refrigerate until needed or up to 1 day, or flash-freeze them until hard and keep in an air-tight container in the freezer. (Thaw for a couple hours before using.)

Beef Cheeks:

Ingredients:

4 tbsp. extra-virgin olive oil  
 2 (12-oz.) beef cheeks, trimmed of excess fat  
 1 medium onion, finely chopped  
 1 medium carrot, finely chopped  
 1/2 celery rib, finely chopped  
 12 cipollini onions, blanched and peeled  
 1/2 tsp. unsweetened cocoa powder  
 2 cups red wine  
 1 (32-oz) can whole tomatoes including juice, chopped  
 1 1/2 tsp. salt  
 1 tsp. black pepper  
 1/2 cup black garlic cloves (available online or at specialty markets)

Method:

- Preheat oven to 325°F.
- While oil is heating, pat beef cheeks dry and season with salt and pepper.
- Brown beef, without crowding, on all sides, about 20 minutes total, and transfer with tongs to a bowl.
- Pour off fat from pot, then add remaining 2 tablespoons oil and cook cipollini onions until nicely browned on both sides. Remove and set aside.
- Add the oil back to the pot.
- Next, add chopped onion, carrot and celery over moderately low heat, stirring occasionally, until softened, about 10 minutes.
- Stir cocoa powder into vegetable mixture, then add wine and scrape up any brown bits. Increase heat to high and boil until liquid is reduced by half, about 10 minutes.
- Add black garlic.
- Return cheeks (with any juices) to pot and add tomatoes with juice, cipollini, salt and pepper.
- Bring to a simmer, then braise, covered, in middle of oven until very tender, about 3 hours.
- Pan fry gnocchi in some butter, spoon onto plate.
- Top with beef cheeks.
- Garnish with fresh parsley and Parmesan.

*Enjoy!*