

BRAISED BRISKET

Time: 5.25 hours (plus brining time)

Serves: 10

Ingredients:

2.5Kg brisket
30g kosher salt
2g fresh ground black pepper
1kg carrots - peeled and cut into 5cm pieces
1kg yellow onions - peeled and quartered
800ml can San Marzano tomatoes and juice - crushed between your fingers
500ml dry red wine
250ml beef stock or water
20g fresh rosemary sprigs
20g fresh thyme sprigs
10 cloves garlic - roughly chopped

Preparation:

Place brisket in a deep pan and sprinkle with the salt on both sides. Refrigerate uncovered for at least two hours or up to overnight.

Preheat oven to 150C.

Sprinkle the brisket with the pepper. Add the remaining ingredients to the pan, cover tightly with foil and cook for five hours.

Remove from heat and serve family style.

Nutritional Information Per Serving:

Calories: 519
Fat: 21g
Carbs: 20g
Fibre: 4g
Protein: 61g