



Slow Roasted Beef Brisket



DIFFICULTY: MID



PREPARATION TIME: 45
MINUTES



COOKING TIME: 12 HOURS



SERVES: 6-10

Ingredients

1 ½ tbsp salt
1 tbsp cumin
1 tbsp smoked paprika
1 tbsp sweet paprika
2 tsp garlic powder
1 tsp chilli powder
1 tsp onion powder
200 g brown sugar
100 ml water
12 ripe tomatoes, roughly chopped
250 ml apple cider vinegar
100 ml treacle
2 kg beef brisket

Method

To begin making your slow roasted beef brisket with a spiced rub, combine the dry spices and rub onto the brisket. Place the sugar, water, tomatoes, vinegar and treacle into a saucepan and bring to the boil. Simmer for 10 minutes.

Place the brisket in an ovenproof dish that has a tight fitting lid. Pour over the tomato sauce and place the lid on top. Put the brisket into the oven and select the [Low Temperature Cooking function](#) at 120°C. Cook the brisket for 12 hours. Turn the brisket over in the sauce every 3 hours.

After cooking remove the brisket from the sauce. Place brisket on a wire rack with a universal tray lined with baking paper underneath. Return the brisket to the oven and cook on [CircoTherm®](#) at 160°C for 20 minutes to caramelise the beef. Skim the fat from the cooking liquid. While the brisket is cooking, in a saucepan reduce the cooking liquid down to a sauce consistency.

Slice the brisket and serve the sauce on the side.

Notes

This is a great recipe to cook overnight. In the morning refrigerate the brisket in the cooking liquid. Before reheating remove the solidified fat. Reheat the brisket on CircoTherm at 160°C for 30 minutes and reduce cooking liquid to sauce consistency.