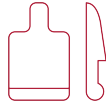




Slow cooked brisket in a cranberry and red wine sauce



DIFFICULTY: EASY



PREPARATION TIME: 15
MINUTES



COOKING TIME: 3 HOURS 15
MINUTES



SERVES: 8

Ingredients

2 tbsp vegetable oil
½ tsp salt
½ tsp black pepper
2kg rolled beef brisket
1 large red onion peeled and sliced
3 cloves garlic peeled and crushed
400ml red wine
600ml beef stock
100g cranberry sauce
1 tbsp Worcestershire sauce
1 tsp smoked paprika
1/2 tsp cinnamon
4 tbsp soft brown sugar
1 tbsp water
50g fresh or frozen-then-thawed cranberries
Small bunch fresh thyme
2 tbsp cornflour mixed with 5 tbsp cold water

Method

Heat oven on CircoTherm® to 140°C.

Heat the oil in a large casserole pan on a high heat. Season the brisket with half of the salt and pepper, place in the pan and then brown on all sides.

Take the brisket out of the pan and place on a plate.

Turn the heat down to medium, place the sliced onion in with the remaining salt and pepper, and gently cook for 5 minutes, stirring regularly until they've softened.

Add the garlic to the onions and give a stir. Allow to cook for a minute, then add the wine, stock, cranberry sauce and Worcestershire sauce.

Bring to the boil and then place the brisket in the pan. Place a lid on the pan and place in the oven for 3 hours (check it occasionally. If it starts to look too dry, add in a splash of water).

After three hours, take out of the oven and give everything a little stir. Mix together the paprika, cinnamon, sugar, and water in a small bowl. Spread it over the brisket. Turn up the oven to CircoTherm 190°C and cook uncovered for 10 minutes until the brisket is dark and sticky looking. Take out of the oven and transfer to a serving dish.

Decorate the brisket with cranberries and fresh thyme. Heat the cooking liquid over a high heat and stir in the cornflour slurry whilst stirring to thicken. If you like a smooth gravy, then strain it in a fine mesh sieve over a jug. Serve with the brisket.

Notes