



TENDERISING

BASTING

CARVING

SLOW COOKED BEEF BRISKET

Beef brisket with a spicy rub, slow cooked until tender and finished off in the oven with a homemade barbeque sauce. Served with buttered corn and a fresh coleslaw.

Yield: 6-8 servings // Prep time: 15 min plus tenderising time (about 2 hours)
Cooking time: 2 hours // Total time: 2 hours 15 minutes

BEEF

2 tablespoons Sunflower oil
11,5 kg Brisket
1 tablespoon Olive oil

RUB

1 tablespoon Dark soft brown sugar
2 teaspoons Smoked paprika
1 teaspoon Onion powder
1 teaspoon Garlic powder
½ teaspoon Ground cumin
½ teaspoon Ground coriander
¼ teaspoon Cinnamon
½ teaspoon Mustard powder

1 clove Garlic, minced
2 teaspoons Salt
½ teaspoon Black pepper, freshly ground

SAUCE

500 ml Ale or dark beer
1 teaspoon Yeast extract / Marmite
1 tablespoon Balsamic vinegar
2 tablespoons Dark soft brown sugar
1 tablespoon Tomato paste
½ cup Honey / molasses
½ cup Tomato sauce
1 tablespoon Worcestershire sauce
2 teaspoons Mustard powder
1 teaspoon Cayenne pepper

METHOD

1. Mix the rub ingredients. Rub all over the brisket and leave in the refrigerator for 2 hours or overnight, if possible, to tenderize and flavour the meat.
2. Combine the beer, marmite, balsamic vinegar, brown sugar, tomato paste, honey, tomato sauce, Worcestershire sauce, mustard powder and cayenne pepper in the slow cooker / instant pot or pressure cooker. Place the brisket in the pot with the sauce. Slow cook in the slow cooker for 8 hours or 1 hour 15 minutes in the pressure cooker. If cooking in an instant pot add 1 cup of water if necessary and use the natural release.
3. Once the brisket is cooked remove it from the pot and place on a baking tray. Bring the remaining sauce in the pot to a boil and reduce the heat. Simmer until the sauce has reduced and is thick and syrupy.
4. Preheat the oven to 200°C. Drizzle the brisket with some oil and place in the oven for 15 minutes to brown. Remove and baste with the sauce for 5-10 minutes until it is caramelised.
5. Remove from the oven, set the meat aside to rest for 10 minutes. Slice the brisket thinly across the grain and serve with the remaining sauce, buttered corn and a fresh coleslaw. The brisket can also be shredded, and served on fresh rolls as sliders.

