



Hereford Beef Brisket with Brown Ale

Pot roasting is an ancient cooking method dating back to prehistoric times. Clay, bronze and copper pots were hung over an open fire and meat, vegetables and water slowly cooked.

Serves: 4-6

Time to cook: Approx. 2 hours, plus optional overnight marinating

Oven temperature: Gas mark 4-5, 180°C, 350°F

Ingredients

- 1.5kg (3 lb) lean beef brisket joint
- 450ml (¾ pt) brown ale
- 15ml (1 tbsp) oil
- 8-10 shallots, peeled
- 1 garlic clove, peeled and crushed
- 1 bay leaf
- 15ml (1 tbsp) brown sugar
- 30ml (2 tbsp) Worcestershire sauce
- 15ml (1 tbsp) tomato puree
- Ground black pepper
- 4 small turnips, peeled and quartered
- 2 carrots, peeled and quartered
- Gravy granules

Method

Marinade (optional)

Place the brisket joint into a large bowl, pour over the brown ale, cover and leave for 24 hours (or overnight).

Drain the joint and pat it dry, saving the ale for later

Cooking

Heat the oil in a pan and brown the meat all over. Transfer to a large casserole dish. Fry the shallots and garlic in the remaining oil, then add the ale and bring to the boil. Add the bay leaf, brown sugar, Worcestershire sauce, tomato puree and black pepper. Pour over the brisket, cover and cook for 45 minutes.

Add the turnips and carrots to the casserole, baste the brisket and replace the lid. Return to oven for 45-60 minutes or until the meat is tender.

Remove the brisket and vegetables from the casserole, keep the vegetables warm and transfer the meat to a carving plate, cover lightly in foil and leave to rest. Drain the juices into a saucepan and thicken with gravy granules.

