



MONTHLY RECIPE - JULY 2015

Slow cooked brisket pie, suet crust & buttered kale



Ingredients

100ml olive oil
1kg piece of beef brisket, trimmed
3 carrots, thinly sliced
2 onions, coarsely chopped
2 celery stalks, thinly sliced
20g plain flour
750ml beef stock
500ml dry red wine
100ml red wine vinegar
5 thyme sprigs

4 fresh bay leaves
3 garlic cloves

Pastry

300g plain flour
100g suet
50g duck fat
thyme & rosemary, chopped
10g flat parsley, chopped
50ml water
pinch of salt

Method

Dice the brisket in to 1 inch chunks then marinate in the red wine, garlic and herbs for 24 hours in the fridge.

Heat the olive oil in a casserole dish. Drain the meat from the wine and place in the flour, season with salt and pepper. Fry the meat in the olive oil until golden brown.

Then add the vegetables, vinegar, stock and the red wine marinade, and cook for 2-3 hours in the oven (gas mark 6) until the meat is tender.

For the pastry, place all the ingredients in a mixer and slowly add the water until the mixture comes together. Empty the mixture on to a floured surface and knead for a couple of minutes, then place in the fridge for about an hour

To serve, add the brisket mix to a clean casserole pot or individual pie dishes, cover with the rolled out suet pasty and cook for a further 20 minutes.

Blanch kale in salted water for a couple of minutes, then sauté in butter to serve.

Enjoy!