

A small lump of Brisket on special offer inspired this gig. We don?t often eat Beef, but when we do?

Ingredients:-

500g of Beef Brisket
100g of Shallots, skinned and quartered
3 Cloves of Garlic, minced
2 Tbsp of Honey
500ml of Beef Stock
2 Tbsp of Shaoxing Wine
2 Tbsp of Soy Sauce (Gluten free for us)
2 Tbsp of Oyster Sauce
1 Tbsp of fresh Ginger, grated
1 Tsp of Chinese Five Spice
1 Red Chille, sliced
Salt & Pepper to season
Oil to fry

Ingredients to Garnish:-

1 Lime, quartered
Fresh Coriander
½ a Red Pepper, cubed
Red Chilli, sliced

Spring Onions, sliced

Method:-

(1) Preheat the oven to 140c.
(2) Heat a little Oil in a large frying pan and add the Shallots, fry until they begin to brown.
(3) Add the Garlic and season with Salt & Pepper, cook for a further couple of minutes.
(4) Add the Beef Stock & 1 Tbsp of Honey and stir to combine.
(5) Add the Shaoxing Wine, Soy Sauce, Oyster Sauce, Ginger, Five Spice and Chilli to a jug and set aside.
(6) Lay the Brisket in a roasting tray and pour over the Stock and the Sauce from the jug.
(7) Cover with parchment and a few layers of foil.
(8) Place in the oven and cook for 3 hours.
(9) Remove the foil and paper and turn the Brisket over, basting well.
(10) Cover and cook for a further 2 and a half hours.
(11) Remove from the oven and increase the heat to 220c.
(12) Pour the juices from the tray into a frying pan and bring to the boil.
(13) Allow to simmer to reduce.
(14) Stir in 1 Tbsp of honey and pour over the Brisket.
(15) Return the Beef to the oven and cook for 15 minutes to caramelise and crisp up.
(16) Shred the Beef with a couple of forks and dish up, garnished.

A lot of these Asian recipes call for Sugar or Honey. Things we would not generally add to meat dishes, but it really works.