

SLOW COOKED AND ROASTED BRISKET WITH BARBECUE SAUCE



ALTO ROUGE BARBECUE SAUCE (375ml)

INGREDIENTS

250 ml Alto Rouge	30 ml fennel seeds
45 ml olive oil	10 ml anise seed
2 medium onions, peeled and chopped	2-3 star anise seed pods
4 cloves of garlic, finely chopped	10 ml smoked paprika
5 sprigs of thyme, leaves taken off the stalk	3-5 allspice berries
5 sprigs of rosemary, leaves taken off the stalk	200 g tomato sauce (ketchup)
2 bay leaves	20 ml soya sauce
10 ml cumin	

DIRECTIONS

1. Heat the olive oil in a saucepan over medium heat. Fry the onions for 3-4 minutes, add the garlic and fry for another 2-3 minutes or until the onions are cooked.
2. Blend the spices together in a spice grinder or bash them with a mortar and pestle. Add the spices to the onion mixture and fry for 2-3 minutes.
3. Add the tomato sauce, soya sauce and wine. Bring the mixture to a boil, lower the heat and let it simmer for 10 minutes. Take off the heat and let it cool.

SLOW COOKED AND ROASTED BRISKET – SERVES 8

INGREDIENTS

1 x 4,5-5 kg whole brisket off the bone - do not remove the fat layer	45 ml smoked paprika
5 onions, peeled and sliced into thick rings	30 ml whole anise seed
5-6 bay leaves	20 ml salt flakes (e.g. Maldon)
	375 ml of the Alto Rouge barbecue sauce

DIRECTIONS

1. Pre-heat the oven to 160°C.
2. Place the brisket on a clean chopping board and rub the spices and salt all over.
3. Pack the onion slices and the bay leaves in a big, oven-proof roasting tin and place the brisket fat-side down on top of the bed of onions.
4. Cover with foil and cook in the oven for 6 hours. Remove from the oven and allow to cool completely.
5. Prepare a fire like usual with medium coals. Baste the brisket all over with the Alto Rouge barbecue sauce and grill over the fire for about 10-15 minutes on each side all the while basting it with the barbecue sauce. Remove from the fire and place on a serving platter, pull the meat apart with two forks or just slice it as thinly as possible.