

Slow Cooked Scotch Beef Brisket with Goose Fat Roasties & Cauliflower

Serves
6-8

Prep Time
1 Hour

Cooking Time
4 hours in Oven or 6-7
hours in Slow Cooker



Ingredients

For the Slow Cooked Beef Brisket

- 1.8kg piece of rolled Scotch Beef brisket (order it from your butcher)
- 1 teaspoon flaked sea salt and ground black pepper
- 2 tablespoons plain flour
- 3 tablespoons vegetable oil
- 3 sticks celery, roughly chopped
- 2 medium onions, roughly chopped
- 2 medium carrots, roughly chopped on the diagonal
- 1 large parsnip, roughly chopped (optional)
- 200g button mushrooms
- 3 cloves garlic, finely chopped
- 1 tablespoon dried porcini mushrooms, crushed into small pieces
- 3 sprigs thyme
- 500ml red wine
- 500ml fresh beef stock
- 1 tablespoon finely chopped parsley

For the Goose Fat Roasties and Cauliflower

- 600g potatoes, peeled and quartered
- 1 teaspoon salt for the boiling water**
- 1 medium head cauliflower, leaves removed and broken into florets
 - 2 tablespoons goose fat or any vegetable oil
 - Salt & ground pepper to taste

Cooking Method

For the Slow Cooked Scotch Beef Brisket (Hob & Oven Method)

- 1 - Preheat the oven to 160°C/150°C fan/gas 4.
- 2 - Remove the beef brisket from the fridge and allow it to come to room temperature. Once it's cooler, pat it dry with some kitchen roll then sprinkle all over generously with sea salt flakes and ground black pepper. Heat a tablespoon of vegetable oil in a medium casserole dish and, when it's hot, brown the meat all over.
- 3 - Remove beef from the pan and keep aside. Add the remaining oil to the pan, reduce the heat and add the chopped onions and cook gently until they are soft (around 5 mins). Add the chopped celery, carrots, button mushrooms, parsnip & garlic and cook gently for another 5-10 minutes water releases from the mushrooms. Now sprinkle the flour over the veggies and mix well.
- 4 - Add the porcini mushrooms, thyme & red wine, stir and allow it to come to the boil. Add the beef stock and return the browned beef brisket to the pan with any resting juices that have released.
- 5 - Once it's simmering put on the lid and transfer the casserole to the oven. Cook for between 3 and 4 hours until the beef is very tender and can be easily sliced. Turn the beef around in the casserole dish to ensure its moist all over and the veggies aren't sticking to the bottom.
- 6 - When cooked remove from the oven and use large tongs or two serving spoons to remove the beef brisket and place on a chopping board covered in foil to keep in warm. Drain the vegetables from the sauce, and reserve them for later. Return the sauce to the pan and boil until the sauce has reduced to around half and becomes glossy, and thick enough to coat the back of a spoon.
- 7 - To serve thinly slice the beef brisket onto a warm serving platter and spoon over the sauce (if you like you can also serve the soft vegetables or use these in a soup later). Finally sprinkle with chopped parsley and serve with roasties and cauliflower.

For the Slow Cooked Scotch Beef (Slow Cooker Method)

- 1 - Remove the beef brisket from the fridge and allow it to come to room temperature. Once it's cooler, pat it dry with some kitchen roll then sprinkle it all over with the flour seasoned with sea salt flakes and ground black pepper. Heat a tablespoon of vegetable oil in a medium casserole dish and, when it's hot, brown the meat all over.
- 2 - Put all the chopped vegetables in the bottom of your slow cooker and turn it on to low. Place the browned beef brisket on top of the vegetables in the slow cooker. Add the thyme, garlic porcini mushrooms then pour over the wine and stock. Cover with the lid and cook for 7 hours.
- 3 - Remove the beef from the casserole and place to one side. Use a colander to drain the vegetables from the sauce. Return the sauce to a pan and place onto the hob. Boil until the sauce has reduced and it becomes glossy and thick enough to coat the back of a spoon.
- 4 - To serve, thinly slice the beef brisket onto a warm serving platter and spoon over the sauce (you can also serve the soft vegetables or use these in a soup later). Finally sprinkle with chopped parsley and serve with roasties and cauliflower.

For the Goose Fat Roasted Potatoes and Cauliflower



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