

Grab & Go

PREP TIME 20 MIN | COOK TIME 3-4 HRS | SERVES 10

BEEF BREAKFAST BOX

Method

1. Brisket: Preheat combi oven to 90C, 70% steam. Take the brisket out of the fridge at least 30 minutes before starting this recipe. Heat oil in a frying pan over medium-high heat. Saute onion, carrot and celery until golden. Transfer to a deep gastronome tray. Season brisket liberally with salt and pepper. Place brisket on top of vegetables, cover with baking paper and foil, place in oven for 10 hours. Remove brisket and increase heat to 160C.
2. Sauce: Heat oil in a frying pan, add onion, garlic, oregano, chipotle seasoning, barbeque sauce, brown sugar, tomato passata and stock. Bring to the boil, reduce heat and simmer for 15 minutes or until thickened. Glaze the top of the brisket with barbeque sauce. Return to the oven for 15 minutes. Rest and carve.
3. Serve brisket with blistered tomatoes, eggs, and baked beans. Season with black pepper.

INGREDIENT LIST

Beef

- 3kg MSA graded beef brisket

Other ingredients

- Salt and pepper for seasoning
- 20mls oil
- 200g onion, diced
- 200g carrot, diced
- 150g celery sticks, diced

Sauce

- 20mls oil
- 200g brown onion, chopped
- 20g garlic, crushed
- 20g dried oregano
- 20g Mexican Chipotle seasoning
- 100mls Chipotle BBQ sauce
- 40g brown sugar
- 700ml tomato passata
- 500mls stock

Serving Suggestions

- Blistered tomatoes
- Fried eggs
- Boston baked beans

