



MAYDENCROFT MANOR

NATIVE BREEDS FARM



BRISKET

The ultimate slow cooking roasting joint. This is the best way to eat 'well done' beef. It's from the forequarter; the breast and onwards towards the ribs, a neat, juicy, delicately marbled joint, with a beautiful depth of flavour as it's from a 'working' part of the animal.

It needs to be treated with care and cooked gently to really get the best out of it. Perfect for traditional pot roasting with mashed parsnip, it is also great salt roasted and served cold with bagels, and equally good used as a traditional ragu for a lasagne or Bolognese. A very versatile cut which always benefits from being cooked with some liquid, and with its fat left on.

01462 420851
MAYDENCROFTMANOR.CO.UK



MAYDENCROFT MANOR

NATIVE BREEDS FARM

SLOW COOKED SHREDDED BEEF RAGU.

This slow-cooked, flavourful tender beef in a tomatoey sauce is the traditional way to create the perfect ragu. Serve with pappardelle pasta scattered with basil or use in a lasagna.

INGREDIENTS

1 maydencroft beef brisket approx 1.2kg,
cut into large pieces

3 tbsp rapeseed oil

SOFFRITO MISTO

1 Onion, halved and thinly sliced

2 Carrots, peeled and sliced diagonally

1 Celery heart, trimmed and sliced diagonally

2 Garlic cloves, finely chopped

SAUCE

400ml Italian red wine such as Chianti

1 sprig of rosemary, finely chopped

1 sprig of thyme, finely chopped

100g pancetta rashers, diced

2 x 400g tinned plum tomatoes

250ml beef stock

250ml water

2 bay leaves

1 tsp fennel seeds

2 tbsp tomato purée

small bunch basil leaves, torn

grated Parmesan, to serve

METHOD

1. With a large knife, unroll the brisket and cut into 4 even pieces. You could leave the brisket whole, but it won't absorb so much of the flavour from the other ingredients. Allow the meat to reach room temperature
2. Warm the oven to 150°C (140°C fan assisted oven) gas-mark 3.
3. Heat a casserole dish over a high heat, add two tablespoons of rapeseed oil and brown the brisket pieces in batches, remove and set aside.
4. Deglaze the pan with some of the pan, remove the liquid for later use.
5. Reduce the heat of the casserole to low. Add the olive oil and the soffrito misto until just softened, add pancetta and turn up the heat marginally and cook until everything is golden.
6. Add the red wine to deglaze again, reduce liquid by half, Return the brisket, previously set aside cooking wine liquid and all additional ingredients to the casserole - apart from the basil and parmesan
7. Bring the mixture to the boil on the hob, then put into the warm oven
8. Cook for 2 hours, checking occasionally to ensure there is enough liquid to keep the meat moist, although it should reduce slightly (by less than a quarter). Top up with water if necessary. It is ready when the brisket shreds easily. Mix well.
9. Serve and scatter with basil and add plenty of parmesan and ground black pepper.

CHEF'S TIPS

- If serving with pappardelle, or any other pasta, make sure that the sauce and the pasta are stirred together so that each ribbon of pasta is coated and glossy with sauce.
- Use this recipe as a base for alternative main courses. Remove the Italian herbs, Chianti and tomatoes, and use British stout, thyme and chives, to make the perfect base for a cottage pie, or use ingredients like paprika and Hungarian sausage to create a goulash.

Main Course

Serves 6 people

30 mins prep | 2 hours cooking | 10 minutes serving