



Pro Tip Recipes

PREP TIME 30 MIN | COOK TIME OVERNIGHT | SERVES 10

BRAISED BRISKET STUFFED AREPA

Method

1. Take brisket out of the fridge 30 minutes before cooking. Season brisket with salt and pepper. Place in a 120ml (12cm depth) gastronomie.
2. Heat oil in a large saucepan over medium high heat. Add onion, garlic and chilli. Cook for 4-5 minutes or until onions start to soften. Stir in coriander, cumin and paprika, continue cooking for 1 minute, stirring. Reduce heat, add tomatoes, apple cider vinegar, chipotle sauce and stock.
3. Pre-heat oven to 90-92 ° C, 60% steam, 40% dry heat. Cover tightly with baking paper and foil, place in oven for 10 hours or overnight.
4. Remove from oven, take beef out of gastronomie and set aside to rest. Pour sauce into a saucepan. Allow to cool and fat to rise to the top. Remove fat. Place on a medium-high heat and bring to the boil.
5. Carve brisket thinly, add sauce to brisket, and gently toss through sauce.
6. Arepa: spread base of Arepa with avocado, followed by black beans, brisket, red onions, capsicums, coriander, plantains and mayonnaise.

INGREDIENT LIST

Beef

- 1.3kg point end brisket

Other Ingredients

- Salt and pepper
- 60mls oil
- 200g brown onion, finely chopped
- 20g garlic cloves, crushed
- 15g fresh chilli, finely sliced
- 20g fresh coriander, chopped
- 15g ground cumin
- 15g paprika
- 800g can diced tomatoes
- 125mls apple cider vinegar
- 300mls chipotle barbeque sauce
- 1 litre beef stock
- 10 Arepa's, warmed through, split

Serving Suggestions

- Avocado
- Black beans
- Red onions, red capsicums
- Coriander
- Plantains
- Mayonnaise

