



salt cured brisket

slow cook



The core temperature is measured from the centre of the meat. For perfect cooking and measuring internal temperatures, we recommend a 'Meater+ Wireless Thermometer'. Available in our pantry now.

Whilst I personally develop, try and test all our recipes and cooking guides, heritage breed animals can vary immensely, therefore cooking times are a guide only. Please ensure all products are cooked through and hot before serving. Enjoy!



Jeff Baker

Executive Development Chef

cooking time from: 3 hours

method

Place the beef into a deep saucepan & rinse under cold running water for 20 minutes pre cooking.

Make a Mirepoix by neatly chopping equal amounts of onion, carrot and celery or my preferred choice of celeriac, the root of the celery plus a bay leaf & a sprig of thyme.

Bring the beef to the boil in a large pan of water then skim any impurities that rise to the surface before adding the Mirepoix.

Cover & simmer for 3 hours, the beef should be tender when pierced with a skewer at the thickest point.

Leave the beef to cool in the cooking broth to cool.

Carve the beef into 10mm slices & reheat in a little cooking broth to serve.

serving suggestions

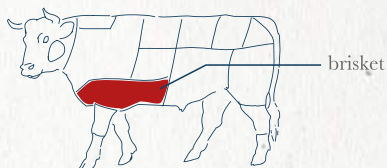
Serve with baked carrots & parsley sauce.

for best results, slow cook this cut

Oven Temperatures	°C	°F	Gas Mark
Very Cool	140°C	275°F	1
Warm	160°C	325°F	3
Fairly Hot	190°C	375°F	5
Hot	220°C	425°F	7
Very Hot	240°C	475°F	9

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