

Brisket Braise (Stove or pressure cooker)

Ingredients

- 1 joint Brisket (rolled)
- 8 ozs Baby onions
- 4 Carrots Chopped
- 4 Sticks Celery
- 1 tsp Tarragon
- 1 bay leaf
- 1 pint Beef Stock
- Salt and black pepper to taste

Method

1. Fry off the brisket until evenly browned and remove from pan
2. Fry off the vegetables
3. Return the brisket to the pan
4. Add – Stock and herbs
5. Bring to the boil and simmer on low heat for 3½ hours

Alternatively

Follow steps 1-4 then pressure cook on LOW pressure for 1½ - 1¾ hours