

# Brunskill Beef

Traditional Hereford Cattle



## Brunskill Beef Pot Roast with Red Wine

Serves 6

Preparation time: Approximately 10 minutes

Cooking time: Just over 3 hours

### Ingredients

Brunskill Beef Joint boned and rolled  
(Blade, Silverside or Brisket) approx. 1.5kg  
2 x carrots - diced  
2 x sticks of celery - diced  
1 x large onion - diced  
6 x garlic cloves - crushed  
6 x fresh sage leaves

4-5 bay leaves  
10 x whole black peppercorns  
60g plain flour  
1 x large glass of red wine  
400ml good beef stock  
Olive oil  
Salt to taste

### Method

1. Taking a large casserole pot, heat the olive oil (around 40-60ml) until medium/hot. Roll the Brunskill Beef joint in the flour, place into the casserole pot and brown the joint on all sides in the hot oil. When the joint is nicely caramelized remove from the pan. Reduce the heat to low and add the diced carrot, celery, onion & garlic. Sweat the vegetables for 5 minutes. Place the Brunskill Beef joint back in to the casserole pot and add the sage, bay leaves, beef stock, red wine, peppercorns and add a good pinch of salt. Bring the liquor to the boil and place on a tight fitting lid. Place in the center of a pre-heated oven at 150-160 degrees C. (Gas mark 2-3 / 300-325°F).

2. Braise slowly for approximately 3 hours. Ideally during the cooking process turn the joint several times, though this is a dish you can leave cooking whilst you are out shopping. If necessary top up with red wine or beef stock. When the Brunskill Beef joint is cooked remove the joint from the cooking liquor. Taste the cooking liquor and adjust the seasoning as required and reduce to thicken and concentrate the flavour.