



Braised Beef Brisket

LEVEL: Easy

PREP TIME: 20 mins

COOK TIME: 4-10 hours

Slow cooking is really the best way to make a tough piece of meat tender, juicy and nutritious.

Slow cooking basically "pre-digests" the food for us, making nutrients more available for our body to absorb. Note that step 1 below is optional, but if you know that herbs, spices and apple cider vinegar are hugely beneficial to our immune system, why would you skimp on them?

Ingredients

- 1.5 kg beef brisket, ideally grass fed, 1-2 grass fed ghee
- 2 tsp sweet paprika, 1 tsp garlic powder, 1 tsp onion powder, 1/2 tsp oregano, 1/2 tsp thyme, 1/2 tsp parsley, 1-2 tsp salt
- 1 large onion, sliced or diced, 3 cloves garlic, sliced
- 1 tbsp apple cider vinegar, 1 tbsp coconut aminos
- 3 cups bone broth, more hot water, 3-4 sprigs fresh thyme
- Optional: 3-4 carrots or parsnips, peeled and diced

Method

- In a small bowl, add and mix paprika, onion powder, garlic powder, oregano, thyme, parsley, salt and pepper.
- Pat dry the beef brisket with a disposable kitchen towel. Then rub the mixed spices (or salt and pepper) all over the beef brisket.
- Heat 1 tbsp ghee or olive oil in a large and heavy pot. Place the brisket and sear each side for about 2 minutes until the surface is brown (but not cooked). Then set aside.
- Keep the heat on and add a little oil if needed. Add and sauté onions and garlic for 2-3 mins until translucent. Add bone broth to deglaze, then add back the beef, followed by vinegar, aminos and thyme.
- Cover tightly with a lid plus foil if you wish. Oven cook at 140°C or slow cook at low for 4-10 hours. Add other vegetables in the last 1-2 hours of cooking. Add more hot water to cover the meat if needed.
- Serve with sweet potatoes, rice or roasted vegetables.
- Store leftovers in the fridge for 3- 4 days.