

Twice-Cooked Crispy Beef Breast, Lauren Angus

Ingredients

- Good quality navel end brisket
- Salt and pepper
- 1 cup of good red wine
- 1 cup of quality port

Method

Start with a navel end brisket; season the underside with salt and pepper. Flip over and season the top with salt only. Place brisket in roasting dish with the top facing up and slow cook in oven at 100°C for 4 hours. The longer and slower the brisket is cooked the better it will be.



Take the dish out of the oven after designated time, remove the brisket from the dish and skim off the rendered fat, leaving as much stock in the dish as possible. Add 1 cup of red wine and 1 cup of port to the stock and mix together. Place the brisket back into the dish, top side up, ensuring it is not submerged in the liquid (the fat needs to stay out of the liquid to get crispy). Return to oven for a further 2 hours. This whole process can be completed up to 2-3 days before serving. The secret of this recipe is to now cover and refrigerate the whole dish (brisket and jus).

Ok, now for the second cooking. Take the dish out of the fridge, and remove the brisket from the dish. Any fat that is left in the jus will now be separated and will have hardened. Peel this fat off, leaving just the jus. Portion the brisket into bite sized squares and place in jus, ensuring to keep the tops out of the liquid. Reheat in the jus. Prior to serving, place under a hot grill to crisp the tops. The key to this recipe is the twice cooked brisket, it does not have to be made with a red wine jus. Asian style sauces work very well with this dish, or any sauce of your choice.