

INGREDIENTS:

1 kilo brisket
20g brown sugar
11 tablespoon olive oil
1 large onion cut into wedges
2 carrots, cut into chunks
1 finely-chopped garlic clove
450ml beef stock
1 tablespoon each plum jam and red wine vinegar
Half a teaspoon Chinese five spice powder
Two bay leaves
sea salt
Freshly-ground black pepper

TIME: 3 Hours**SERVING:** 4 people

Rub the beef with the sugar and a little seasoning, heat the oil in a flameproof casserole and brown it on all sides. Add the carrots, onion and garlic, pour in the stock, add the jam, wine vinegar, spice powder and bay leaves and bring to a boil. Cover and simmer gently for two hours. Remove the meat and keep warm. Boil the stock rapidly to reduce by half then strain. Taste and correct the seasoning and serve with the sliced beef and vegetables.

Enjoy! Malcolm & Julie Pyne

YOUR NOTES: