

GLAZED BRISKET STEAKS WITH BROCCOLI SALAD

Ingredients

1 x 2kg/4lb 8oz piece flat Dexter brisket
2 large carrots, sliced
2 large onions, sliced
bunch fresh parsley stalks
12 peppercorns
1 bay leaf
2 tbsp oil

For the marinade

4 tbsp sweet sherry
2 tbsp ground ginger
3 tbsp dark soy sauce
1 tbsp lemon juice
1 tbsp brown sugar
2 tbsp groundnut oil
Tabasco, to taste

For the dressing

1 tbsp wholegrain mustard
2 tbsp sherry vinegar
8 tbsp rapeseed oil

For the salad

500g/1lb 2oz Tenderstem broccoli, cut into florets
2 heads Little Gem Lettuce
sea salt

Preparation method

1. Put the brisket in a large pot with the carrots and onions.
2. Tie up the parsley stalks, peppercorns and bay leaf in a muslin bag and add to the pot.
3. Cover well with cold water and bring to the boil. Turn down the heat to a low simmer. The water should just be 'trembling'.
4. Cook, uncovered, for up to three hours, depending on the thickness of the meat. Top up the water as it evaporates to ensure the meat doesn't dry out. To check the meat is cooked, pierce with a roasting fork and lift, the meat should just start to slide off the fork.
5. Transfer the meat to a large container. Strain the cooking liquor and pour it over the meat, then leave to cool.
6. Pour away the cooking liquor, cover the meat with cling film and then put a tray on top with weights on it to press the meat. Leave overnight if possible.
7. When cold, slice the brisket into nice steak-sized pieces.
8. For the marinade, mix all the ingredients together.
9. To grill the steaks, heat the oil in a ridged griddle pan or preheat a barbecue. Grill the steaks, brushing frequently with the marinade, until hot through.
10. For the dressing, mix together all the ingredients.
11. For the salad, blanch the broccoli in boiling salted water, then drain and refresh in cold water.
12. Separate the outer leaves of the Little Gems, toss them in the dressing and lay them on serving plates, then repeat with the hearts. Toss the broccoli in the dressing and lay on top of the leaves. Place the meat on top and serve.

OVERNIGHT PREPARATION TIME NEEDED

OVER 2 HOURS COOKING TIME

SERVES 8

By Brian Turner
From A Taste of Britain

Slow cooking results in meltingly tender brisket. Here it's then sliced and grilled or barbecued.

