

Brisket in Cider - a true Westcountry dish with Cornish mead & scrumpy cider



Feeds 4-6

Time to cook: 30-40 minutes per 450g 1/2 kg 1 lb plus 30-40mins

Ingredients:

- Lean beef brisket joint
- Oil
- 2 Onions
- 3 Eating Apples
- 1 Cinnamon stick
- Ground ginger
- Cider.

Rhubarb & Apple chutney:

Rhubarb, Eating Apple, Ground ginger, Cider, Mead (alternative use apple juice or Cider) & Cinnamon stick.

METHOD:

Heat a table spoon of oil in a large lidded casserole dish and brown the brisket joint on all sides. Add 2 onions, quartered, 3 eating apples, cut in half, 1 cinnamon stick and 5ml (1tsp) ground ginger to the pan.

Pour over 150ml (1/4/ pt) of Cider, cover and simmer on the hob or in oven - Gas mark 3 170°C for calculated cooking time.

Serve hot or allow to cool in the Cider - transfer to a cold pan or bowl to cool down quicker.

Meanwhile make the chutney: in a pan place 2 sticks rhubarb, cut into chunks, 1 eating apple, cored and sliced, 2 large pinches of ground ginger, 60ml (4tbsp) cider, 45ml (3tbsp) mead and 1/2 Cinnamon stick. Cook over a gentle heat for 5-10 minutes until softened. Add sugar to taste.

SERVE: Serve hot with potatoes and seasonal veg with the sauce as a thin gravy. Or serve cold thinly sliced.