

BRISKET WITH BRAAI SAUCE

Potjie Nos. 1 and 3

Brisket, like other cuts from the forequarter, makes a particular tasty potjie.

2 lb beef brisket, sawn into slices

3 tsp cooking oil

BRAAI SAUCE

2 large onions, chopped

2 cloves garlic, crushed

3 tsp cooking oil

1 x 28 oz can tomatoes, coarsely chopped or 500 g fresh tomatoes, skinned and chopped

4.5 oz water or meat stock

4.5 oz vinegar

1/2 tsp grated nutmeg

1/4 tsp ground ginger

1 tsp paprika

2 whole cloves

2 bay leaves

3 tsp Worcestershire sauce

3 tsp brown sugar

1 tsp salt

1.5 Tb chutney

2 stalks celery, sliced

Prepare braai sauce in a separate small pan. Sauté onion and garlic in heated oil until light brown and transparent. Add remaining sauce ingredients. Cover with lid and simmer for 30-45 minutes so that the flavors can combine and the sauce thickens.

Heat oil in a dutch oven until very hot. Add meat a little at a time, stirring so that the meat browns on all sides. Now add braai sauce to meat. Cover with lid and allow to simmer slowly for 2-2 1/2 hours, or until meat is tender.

Serve with noodles or rice.

Serves 6

NOTES

- Cynthia cooked the Braai sauce for about an hour, and it was very tasty.
- She does not like “stew meat”, so we seared a tenderloin steak shortly before serving. Then she sliced the steak, and poured the Braai sauce on top.
- We served this with kugel and it was a nice combination.

BRISKET WITH BRAAI SAUCE (half recipe)

1 lb beef brisket, sawn into slices
1.5 tsp cooking oil

BRAAI SAUCE

1 large onion, chopped
1 cloves garlic, crushed
1.5 tsp cooking oil
1 x 15 oz can tomatoes, coarsely chopped or 500 g fresh tomatoes, skinned and chopped
2.5 oz water or meat stock
2.0 oz vinegar
1/4 tsp grated nutmeg
1/4 tsp ground ginger
1/2 tsp paprika
1 whole clove
1 bay leave
1.5 tsp Worcestershire sauce
1.5 tsp brown sugar
1/2 tsp salt
1 Tb chutney
1 stalk celery, sliced

Prepare braai sauce in a separate small pan. Sauté onion and garlic in heated oil until light brown and transparent. Add remaining sauce ingredients. Cover with lid and simmer for 30-45 minutes so that the flavors can combine and the sauce thickens.

Heat oil in a dutch oven until very hot. Add meat a little at a time, stirring so that the meat browns on all sides. Now add braai sauce to meat. Cover with lid and allow to simmer slowly for 2-2 1/2 hours, or until meat is tender.

Serve with noodles or rice.

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BRISKET WITH BRAAI SAUCE

Potjie Nos. 1 and 3

Brisket, like other cuts from the forequarter, makes a particular tasty potjie.

1.5 kg brisket, sawn into slices

15 ml cooking oil

BRAAI SAUCE

2 large onions, chopped

2 cloves garlic, crushed

15 ml cooking oil

1 x 410 g can tomatoes, coarsely chopped or 500 g fresh tomatoes, skinned and chopped

125 ml water or meat stock

125 ml brown vinegar

2 ml grated nutmeg

1 ml ground ginger

5 ml paprika

2 whole cloves

2 bay leaves

15 ml Worcestershire sauce

15 ml brown sugar

5 ml salt

30 ml chutney

2 stalks celery, sliced

Prepare braai sauce in a separate small potjie. Saute onion and garlic in heated oil until light brown and transparent. Add remaining sauce ingredients. Cover with lid and allow to simmer for 30-45 minutes so that the flavours can combine and the sauce thickens.

Heat oil in a No. 3 potjie until very hot. Add meat a little at a time, stirring so that the meat browns on all sides. Now add braai sauce to meat. Cover with lid and allow to simmer slowly for 2-2 1/2 hours, or until meat is tender.

Serve with Stywepap (page 77) or rice.

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http://www.onlineconversion.com/weight_volume_cooking.htm