



Pulled Beef Brisket with Flatbreads

Serves 6 | Preparation time 5-10 minutes

| Cooking time 2 hours

WHAT YOU'LL NEED

1kg beef brisket (bone in)
12 rosa tomatoes, halved
1 red onion, peeled and roughly chopped
2 sprigs fresh rosemary
2 cloves garlic
2 Tbsp balsamic vinegar
2 Tbsp Worcestershire sauce
1 Tbsp brown sugar
1 cup red wine
1 cup chicken stock
A pinch of salt and freshly ground black pepper

WHAT TO DO

1. Pre-heat your oven to 200°C.
2. Using a large oven-proof pot (that has a lid), place over medium-high heat and add a drizzle of olive oil. Sear the beef on all sides until golden (2-3 minutes per side).
3. Add in the remaining ingredients, stir thoroughly and place in the oven for 30 minutes at 200°C.
4. Turn the oven down to 140°C, add in the remaining stock and cook for a further 3 hours with the lid on, or until the sauce has reduced and the meat can literally be 'pulled' apart with two forks. Check the liquid at 30 minute intervals, to make sure that the meat is not drying out. If you need to add more liquid, add in extra stock or water.
5. Remove the beef from the oven, leave to rest for 20 minutes, and then 'shred' the meat using two forks and mix it in with the sauce.

For the Flatbreads
½ cup wholewheat flour
½ cup plain flour
1 tsp baking powder
1/2 cup full-fat natural yoghurt
1 Tbsp olive oil
1/2 tsp salt
pinch of freshly ground black pepper

WHAT TO DO

1. Preheat the oven to 220°C. Mix all the ingredients together in a stand mixer with dough hook attachment. Add extra flour if necessary, but the dough should be quite wet and sticky. When the dough comes together, knead for 2-3 minutes on a lightly floured surface.
2. Take a golf ball-sized piece of dough and roll out as thinly as possible with a floured rolling pin, again on a lightly floured surface. For these flatbreads I like to make them loosely rectangular in shape.
3. Bake on a lightly greased baking tray for 8-10 minutes, or until golden. Alternatively, cook in a hot griddle pan until golden and cooked through.