

More than 1 hour

Serves 8-10 (as part of a meal)

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Ingredients:

- 2 Tbsp (30ml) olive oil
- Salt and milled pepper
- 1.8-2kg beef chuck or brisket
- 3 Tbsp (45ml) ground coffee and
- 3 Tbsp (45ml) brown sugar
- 1 Tbsp (15ml) smoked paprika
- 1 Tbsp (15ml) ground cumin
- 1 tsp (5ml) each chilli flakes
- 1 tsp (5ml) cayenne pepper
- 1 tsp (5ml) cocoa powder
- ½ cup (125ml) PnP BBQ sauce
- 2 cups (500ml) beef stock or water
- 2 cans (400g) cherry or chopped tomatoes
- 2 Tbsp (30ml) Worcestershire sauce
- 3 sprigs rosemary

Method

Beef brisket or beef chuck are cheaper cuts of meat, but that doesn't mean less flavour. Low-and-slow cooking will ensure you have deliciously tender meat.

1. Heat oil in a pot over high heat.
2. Season meat and brown well on all sides.

3. Reduce heat slightly and add remaining ingredients, making sure meat is submerged in liquid.
4. Cook meat in a slow cooker for 6-7 hours on medium setting, or cover and roast in the oven at 160°C for about 3-3 ½ hours, turning meat over hourly and topping up with stock or water as needed. If you're using a pressure cooker, cook for about 1½ hours, topping up liquid as needed.
5. Slightly cool meat, remove from sauce and shred using two forks.
6. Toss through sauce and coat evenly.
7. Serve meat on buns, in wraps or over pasta, use as a pie filling or simply serve with mashed potato.