

Pot Roasted Topside with Brandy Sauce



what you need

- 1.5 kg John Penny topside
- 3 cloves garlic, slivered
- 2 tbsp cooking oil
- 2 onions, chopped
- 3 tbsp brandy
- 2 tsp salt
- freshly ground black pepper to taste
- 1 tsp each dried or 1 tbsp each chopped fresh parsley, thyme and rosemary
- 125 ml dry red wine
- 125 ml meat stock
- 410g whole tomatoes, chopped
- 4 celery stalks, cut into julienne strips
- 4 carrots, sliced
- 1 tbsp plain flour (All purpose)

Preparation time: 10 mins

Cooking time: 3 hrs 15 mins

Serves: 8

how to cook

- 1 Make small incisions in the meat and insert the garlic. Secure meat with string so retain its shape during cooking.
- 2 Brown the meat in heated cooking oil in a heavy-based saucepan. Add onion and sauté until translucent.
- 3 Heat the brandy in a small saucepan, pour over meat and ignite. Shake to and fro until flames are extinguished.
- 4 Add seasoning, heated wine, meat stock and tomatoes. Cover with a lid and reduce heat. Simmer for 1½ to 2 hours or until meat is tender.
- 5 Add the celery and carrots 15 minutes before the end of cooking time.
- 6 Thicken the liquid with a flour and water paste.
- 7 Serve with vegetables of your choice.
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