



## Falls Retreat Beef Brisket w Kumara, Coconut & Feta Croquettes



### BRINE

2L of hot water	1 tsp celery seeds
½ cup kosher salt	2 tsp fennel seeds
½ cup sugar	8 cloves
½ cup brown sugar	5 bay leaves
2 cinnamon sticks	1 tbsp mixed peppercorns

Lightly toast all seeds and peppercorns to extract essential oils.

Bring water to boil and mix all ingredients in a container large enough for the meat you are brining.

Make sure salt and sugar is dissolved.

Add cold water to cool the brine down. Ensure brine is completely cooled before adding any meat

Once brine is cool it is ready to use. Refrigerate.

Brine for two days or longer depending on preference

When you remove meat from the brine, rinse the meat well under cold water and discard the brine.

### Beef Brisket Rub

1 ½ cups brown sugar	1 tbsp ground ginger
2 tbsp kosher salt	1 tbsp onion powder
2 tbsp fennel seeds	1 tbsp garlic powder
2 tbsp ground black pepper	2 tsp celery seed
2 tbsp chili powder	2 tsp nutmeg

Lightly toast seeds and crush into semi fine powder using either a mortar and pestle or spice grinder. Add all other ingredients together with this and mix well. Store in an airtight container till needed.

### Smoked Beef Brisket

Brine	2 – 3kg of Beef Brisket
Spice Rub	

Brine the beef brisket for two days.

Rinse brisket under cold water, shake off excess moisture and pat dry.

Apply spice rub by thoroughly running into the meat and massaging it into the meat fibers. Allow to rest for two hours covered and refrigerated

Prepare your smoker as per manufacturer instructions. Set at 105C.

Pull brisket out one hour before smoking and bring to room temperature.

Place dry rubbed brisket in your smoker for 3-5 hours.

Rotate on the hour and spray with moisture.

If internal temp of the meat reaches 65C, remove from smoker and wrap in baking paper and then tightly in foil and finish in the oven at 130C.

Once cooked pull from oven and allow to cool at room temperature for 1 hour. Do not remove paper and foil until totally cold.

Drain off liquid and reserve.

To reheat, place brisket back into reserved juices (¾ of the way up the meat), cover with tin foil and place in oven at 180C until piping hot.

Coat the top of the meat with your favorite glaze or BBQ sauce and season liberally.