

TAMARI & GINGER TERIYAKI BEEF

Gary Parsons, *H&B Group Development Chef*

HARVEY & BROCKLESS

the fine food c^o

Whatever we do, from sourcing amazing food
to delivering it on time,
we always stick to one simple rule...

an absolute dedication to honest, authentic, remarkable food.

TAMARI & GINGER TERIYAKI BEEF

Chef Gary Parsons

Ingredients

SERVES 5 PORTIONS

CA666 Slow Cooked Pulled Beef Brisket	350g
HS527 Tamari & Ginger Terriyaki Sauce	100g
Jasmine Rice	300g
Shiitake Mushrooms, sliced	120g
Mangetout, Julienne	100g
Red Sweet Pointed Pepper, cut into rings	60g
Spring Onions, washed and sliced	40g
Sesame Oil	20ml
Green Chilli, cut into rings	4
Coriander Sprigs, washed	15

Method

1. Preheat the oven to 175°C.
2. Remove the meat from the bag and put into a deep sided dish, cover with tinfoil. Place in the oven for 30 minutes and then 10 minutes uncovered. Check the core temperature has reached 70°C or above.
3. Using the back of two spoons, start to pull the meat apart mixing all the juices in. Once you have pulled the meat apart mix in the Tamari & Ginger sauce.
4. Cook the jasmine rice and keep warm.
5. Heat a frying pan and add the sesame oil. When the oil is hot, add the rings of pepper, shiitake and mangetout. Cook for 2-3 minutes, then add the spring onions and green chillies.
6. Spoon the jasmine rice into a warm bowl. Add the beef teriyaki and top with the stir fried vegetables, then sprinkle the coriander all over.



TAMARI & GINGER TERRIYAKI BEEF
with Jasmine Rice and Stir Fried Vegetables

Grubworkz Slow Cooked Pulled Beef Brisket

We've worked closely with Grubworkz to develop a range of gourmet sous-vide products that are cooked in the sauces we make in our Harvey & Brockless production kitchen.

Pre-cooked and ready for grilling, sautéing or roasting, they save time and work in the kitchen. The technical intention of this method is to cook the item incredibly evenly, ensuring that the inside is properly cooked without overcooking the outside, producing an extremely succulent and moist eating product.

H&B Kitchen Tamari & Ginger Teriyaki Sauce

Our Tamari Ginger Teriyaki is so glossy you can see your face in it. Its fragrant, umami flavour is the perfect foil for ultra savoury pulled brisket.