



BRAZILIAN

Pressure-Cooked Brisket (Peito Bovino na Pressão)

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Basic	6	15 min	1 hr 15 min	Pressure-cook	Brisket

Ingredients

- 1.2 kg (2½ lb) beef brisket, cut into 3 or 4 large pieces
- 1½ tsp salt
- 3 cloves garlic, minced
- 2 tbsp vegetable oil
- 1 large onion, sliced
- 1 green bell pepper, sliced
- 2 tomatoes, chopped
- 1 tbsp tomato paste
- 125 ml (½ cup) dry white wine (or beef stock)
- 250 ml (1 cup) water
- 2 bay leaves
- 3 carrots, thickly sliced
- 3 potatoes, cut into large chunks
- 2 tbsp chopped parsley and scallion, to finish

Steps

1. Rub the beef with the salt and garlic and let it sit 15 minutes while you prep the vegetables.
2. Heat the oil in the pressure cooker pot over medium-high heat. Brown the beef about 4 minutes per side, until deep golden. Remove to a plate.
3. Lower the heat to medium. Add the onion and pepper and cook 4 minutes, until soft. Stir in the tomatoes and tomato paste for 2 minutes.
4. Pour in the wine and deglaze, scraping up the bits on the bottom. Simmer 2 minutes, then add the water and bay leaves.
5. Return the beef to the pot. Lock the lid and pressure-cook at high pressure for 55 minutes once the cooker reaches pressure; lower the heat to keep it steady.
6. Turn off the heat and let the pressure drop naturally for 15 minutes, then release any remaining steam carefully.
7. Open the lid, add the carrots and potatoes, lock the lid, and cook at high pressure for 8 minutes. Release the pressure quickly.
8. Slice the beef against the grain, return it to the sauce, and warm 3 minutes. Scatter with parsley and scallion.

Notes

- **Electric cooker:** use the manual high-pressure setting with the same times.
- **Serving:** the classic accompaniments are white rice, black beans and farofa.
- **Thick sauce:** if the juices are thin, simmer uncovered over medium heat for 5 minutes.

- **Make ahead:** it reheats well. Keeps 3–4 days; freeze 3 months and thaw overnight, then reheat to steaming hot.