

CAFE THOMPSON RECIPE

JERK BRISKET RASTA PASTA

The noodle of choice for is penne, a cut that holds the sauce well and nestles along with the sliced peppers.

The mix of fresh vegetables, Caribbean spice and a rich cream sauce bursts with flavor and makes this quick and easy dish a crowd-pleaser.

SERVES 6

INGREDIENTS

- 1/2 teaspoon seasoning, Caribbean Jerk
- 3 pounds jerked beef brisket
- 1 cup water
- Salt
- 1 pound pasta, penne rigate, dry
- 2 teaspoons oil, olive
- 1 teaspoon butter, salted
- 1/2 each peppers, bell, green, fresh, julienne sliced
- 1/2 each peppers, bell, red, fresh, julienne sliced
- 1/3 cup peppers, bell, yellow, fresh, julienne sliced
- 4 garlic cloves, peeled
- 1/3 cup base, vegetable
- 1/3 cup cream, whipping, heavy
- 1/3 cup cheese, Parmesan, grated
- 1 1/2 teaspoons parsley, chopped, for garnish
- 1/3 cup onions, red, julienne sliced, for garnish



DIRECTIONS

Rub the seasoning evenly over the surface of the brisket. Place the brisket, fat side down, in a roasting pan. Add 1 cup water. Cover the pan tightly with aluminum foil. Cook for 5 hours.

Bring a large pot of water to a boil, salt it generously and cook the pasta al dente according to the instructions on the package. Reserve 1-2 cups of pasta water before draining. Slice the beef brisket and hold.

Meanwhile, heat 1 tablespoon olive oil in a deep pan or shallow cast-iron casserole and then melt the butter in it. Add the vegetables to the hot pan and sauté until tender. Add the sliced beef brisket and toss.

Next, add the garlic cloves and cook for another minute until fragrant.

Stir in the stock and cream and cook until it starts to thicken.

Add the cooked pasta. Toss it well until coated in the sauce, adding a dash of pasta water if it looks too thick.

Stir in the Parmesan and garnish with the parsley and sliced spring onions.

Serve hot.

