

BBQ pulled-beef sandwiches



SLOW-ROASTED BEEF IS SHREDDED AND MIXED WITH A TANGY BBQ SAUCE, LOADED INTO ROLLS AND TOPPED WITH TOMATO AND CORIANDER. A SERIOUS SANDWICH TO IMPRESS!

INGREDIENTS

BBQ PULLED BEEF

- 1.2 kg beef roast (topside)
- 60 ml (¼ cup) cooking oil
- 3 ml (½ tsp) Spur Seasoning Salt
- 5 ml (1 tsp) Spur Meat Spice
- 750 ml (3 cups) water
- 1 medium onion, chopped coarsely
- 3 cloves garlic, crushed
- 200 ml (¾ cup) Spur BBQ Sauce
- 30 ml (2 Tbsp) honey

SANDWICH

- 2 French loaves
- Butter or margarine, for spreading
- 3 medium tomatoes, sliced or coarsely chopped
- 1 red onion, sliced
- Fresh coriander or parsley, for serving
- Spur Salad & French Fry Dressing





METHOD

1. Cut beef roast into four pieces. Heat half the oil in a heavy-based pot and brown meat on all sides. Season with Spur Seasoning Salt and Spur Meat Spice.
2. Add half the water, cover and simmer for about 2 hours. Check water level during cooking and add remaining water if required. Continue for 30 minutes to 1 hour until tender.
3. Remove beef from pot and shred into long strands using two forks. (Do not make the strands too thin - a chunky texture is best.)
4. Heat remaining oil in the same pot. Sauté onion and garlic until soft. Add shredded beef, Spur BBQ Sauce and honey and heat through.
5. Sandwich: Cut loaves lengthways and spread with butter. Place shredded beef on bases and top with tomato, red onion and coriander. Drizzle with Spur Salad & French Fry or Sweet Chilli Dressing if preferred.

TIP

1. The pulled beef can be made in a slow cooker or roasted in a covered baking dish in the oven.
2. Add more Spur BBQ Sauce to next-day leftovers. The beef will soak up the sauce.

VARIATIONS

1. Cut the loaf in 2 to 4 sections for individual servings.
2. Add 3 ml (½ tsp) ground cumin for an enhanced flavour.
3. Add Spur Peri-Peri Sauce for a spicy kick.
4. Beef can be replaced with pork.