

# EISBEIN ON A BRAAI



**TRIED & TESTED**  
By Food lovers recipes

## EISBEIN ON A BRAAI

Transformation of an eisbein... 110 minutes in the pressure cooker with water and I added the following:

bay leaves

fresh garlic

chopped onion

mustard powder

lemon juice and rind

Place the above in the pressure cooker with water. Check every 30 minutes if the water level is still save. Cook for 110 minutes. Take the pot from the heat and let the steam out. The meat must be as soft as possible without falling apart. Only score the fat after you take it out of the liquid.

Remove meat from liquid, score the skin and sprinkle with Maldon sea salt flakes, put in the fridge for the day,

Then crisp over the coals with some kudu wors on the side... served with garlic bread, salad and lemon mustard sauce.

Recipe and photo's: Gary Ferrar