

Atlanta Brisket

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



378 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 large bay leaf fresh whole (preferably)
- ☐ 5 pounds brisket fresh trimmed
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 8 ounces tomato sauce salt-free canned
- ☐ 2 cups coca-cola
- ☐ 33 ounces lemon-lime soda pop (not Diet Coke)
- ☐ 1 envelope onion soup mix dry (from a 2-ounce package)
- ☐ 1 teaspoon kosher salt

- ☐ 0.5 cup catsup
- ☐ 3 tablespoons vegetable oil
- ☐ 3 large onion yellow halved lengthwise sliced

Equipment

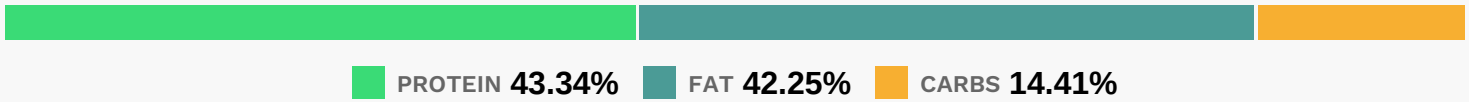
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ sieve
- ☐ roasting pan
- ☐ cutting board

Directions

- ☐ Place brisket in large nonreactive roaster with snug-fitting lid (I used one measuring 15 1/2 inches long, 12 inches wide, and 4 inches deep).
- ☐ Pour Coca-Cola evenly over brisket, cover, and refrigerate 24 hours, turning brisket once or twice in Coca-Cola marinade.
- ☐ When ready to proceed, preheat oven to 325°F. Lift brisket from roaster and pat dry. Line large fine sieve with coffee filter and set over medium-size bowl.
- ☐ Pour in Coca-Cola marinade and let drip through.
- ☐ Rub brisket well on both sides with salt and pepper.
- ☐ Heat oil in very large (15-inch) heavy skillet about 1 minute over high heat until ripples appear on pan bottom.
- ☐ Add brisket and brown 3 to 4 minutes on each side. Return brisket to roaster, now rinsed and dried.
- ☐ Combine 2 cups filtered Coca-Cola marinade, soup mix, tomato sauce, and ketchup and pour over brisket. Scatter sliced onions on top and drop in bay leaves. Note: If you use fresh bay leaves, crinkle them a bit as you drop them into the roaster to release their flavor.
- ☐ Cover roaster, slide into lower third of oven, and braise brisket 4 hours. Check roaster at half time and if liquid seems skimpy—not likely—add a little more filtered Coca-Cola marinade, or beef broth, or water.

- ☐ Remove roaster from oven and set on trivet on counter.
- ☐ Remove lid and cool brisket at least 30 minutes to allow juices to settle and meat to firm up. Note: Some cooks bring the brisket to room temperature before serving. Discard bay leaves and remaining Coca-Cola marinade.
- ☐ To serve, lift brisket to cutting board and slice about 1/4 inch thick—across the grain and slightly on the bias. Overlap brisket slices on large platter and smother with pan gravy and onions. The best accompaniment? For me nothing beats a tart and creamy coleslaw.
- ☐ From From a Southern Oven: The Savories, the Sweets by Jean Anderson. Copyright © 2012 by Jean Anderson; photography copyright © 2012 by Jason Wyche. Published by John Wiley & Sons, Inc.

Nutrition Facts



Properties

Glycemic Index:13.92, Glycemic Load:3.49, Inflammation Score:-4, Nutrition Score:20.268260841784%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.7mg, Quercetin: 7.7mg, Quercetin: 7.7mg, Quercetin: 7.7mg

Nutrients (% of daily need)

Calories: 378.23kcal (18.91%), Fat: 17.46g (26.86%), Saturated Fat: 5.44g (34.03%), Carbohydrates: 13.39g (4.46%), Net Carbohydrates: 12.17g (4.43%), Sugar: 8.08g (8.97%), Cholesterol: 117.18mg (39.06%), Sodium: 797.31mg (34.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 3.15mg (1.05%), Protein: 40.29g (80.59%), Vitamin B12: 4.59µg (76.54%), Zinc: 8.32mg (55.5%), Selenium: 31.66µg (45.23%), Vitamin B6: 0.89mg (44.67%), Phosphorus: 417.52mg (41.75%), Vitamin B3: 7.87mg (39.36%), Vitamin B2: 0.39mg (22.81%), Potassium: 795.34mg (22.72%), Iron: 4.05mg (22.52%), Vitamin B1: 0.23mg (15.02%), Magnesium: 53.67mg (13.42%), Copper: 0.21mg (10.61%), Vitamin K: 10.01µg (9.53%), Vitamin E: 1.31mg (8.76%), Vitamin B5: 0.8mg (8.02%), Manganese: 0.15mg (7.59%), Folate: 23.03µg (5.76%), Vitamin C: 4.63mg (5.62%), Fiber: 1.22g (4.88%), Calcium: 31.18mg (3.12%), Vitamin A: 136.84IU (2.74%)