



Beer, Ginger, and Garlic Braised Brisket

 **Gluten Free**  **Dairy Free**

READY IN



225 min.

SERVINGS



8

CALORIES



464 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon apple cider vinegar
- 3 pound brisket trimmed
- 22 ounce lager beer (recommended: Sapporo)
- 0.3 cup canola oil
- 2 tablespoons canola oil
- 1 cup chicken broth
- 2 inch cinnamon
- 1 tablespoon brown sugar dark

- 0.5 cup ginger fresh ()
- 0.5 cup garlic
- 4 cardamom pods green crushed
- 8 servings kosher salt and pepper black freshly ground
- 2 pounds onions white sliced (3 medium)

Equipment

- food processor
- oven
- pot
- stove
- dutch oven
- tongs

Directions

- Watch how to make this recipe.
- Preheat the oven to 325 degrees F.
- Warm the oil in a large, ovenproof Dutch oven over medium-high heat until shimmering. Season the brisket with salt and pepper on both sides, and then add the meat to the pot. Brown on all sides, about 10 minutes total.
- Remove from the pot and set aside on a plate.
- Turn the heat down to medium and add the cinnamon stick, cloves, and cardamom pods; they should sizzle upon contact with the oil in the pot. Once they start releasing their aroma (less than 1 minute), add the onions and Ginger-Garlic paste.
- Sprinkle with a touch of salt to help them release some moisture.
- Saute until they soften and turn golden, about 10 minutes.
- Stir in the sugar and beer to the pot, scraping up any bits that may have stuck to the bottom. Carefully, using a pair of tongs, return the brisket to the pot. Then add enough broth to bring the liquid halfway up the brisket, about 1 cup. Bring the liquid to a boil, shut off the heat, cover, and transfer to the oven where it will cook away for 3 hours until it's very tender.

- Remove the lid in the last half hour of cooking to reduce the liquid.
- When you're ready to serve, check the gravy. Stir in the cider vinegar. If it's too thick, don't be afraid to add a little water to thin it out. If it's too thin, reduce it on the stovetop. Taste for seasoning; depending on the brand of broth you used, you may want to add a little more salt.
- When slicing the brisket, remember to slice across the grain, that way you'll get the most tender pieces of meat. Spoon a little gravy over the top and enjoy a slice of brisket heaven!
- Throw the garlic, ginger, and canola oil in a mini-food processor and let it go until it forms a semi-smooth paste. There will still be tiny little pieces in there, but overall, it should resemble a paste.
- Save what you don't use in a small glass jar; it should last in the fridge for 2 to 3 weeks. It's a delicious addition to marinades, pasta sauces, stir-fry sauces, slow-cooker recipes, gravy etc. We always had a jar of this stuff in our fridge growing up.

Nutrition Facts

PROTEIN 34.32% **FAT 47.72%** **CARBS 17.96%**

Properties

Glycemic Index:24.31, Glycemic Load:4.43, Inflammation Score:-7, Nutrition Score:22.315652208808%

Flavonoids

Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg Kaempferol: 1.39mg, Kaempferol: 1.39mg, Kaempferol: 1.39mg, Kaempferol: 1.39mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 23.18mg, Quercetin: 23.18mg, Quercetin: 23.18mg, Quercetin: 23.18mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 464.39kcal (23.22%), Fat: 23.37g (35.96%), Saturated Fat: 5.26g (32.87%), Carbohydrates: 19.8g (6.6%), Net Carbohydrates: 17.13g (6.23%), Sugar: 6.59g (7.32%), Cholesterol: 106.05mg (35.35%), Sodium: 253.91mg (11.04%), Alcohol: 3.04g (100%), Alcohol %: 0.92% (100%), Protein: 37.82g (75.64%), Vitamin B12: 4.15µg (69.25%), Zinc: 7.75mg (51.68%), Vitamin B6: 1mg (50.25%), Selenium: 30.33µg (43.33%), Phosphorus: 404.12mg (40.41%), Vitamin B3: 7.42mg (37.1%), Manganese: 0.68mg (34.23%), Potassium: 828.25mg (23.66%), Vitamin B2: 0.37mg (21.77%), Iron: 3.9mg (21.68%), Vitamin B1: 0.25mg (16.86%), Vitamin E: 2.45mg (16.3%), Magnesium: 62.92mg (15.73%), Vitamin C: 11.56mg (14.02%), Copper: 0.23mg (11.72%), Fiber: 2.66g (10.66%), Vitamin K: 10.54µg (10.04%), Folate: 39.09µg (9.77%), Vitamin B5: 0.84mg (8.37%), Calcium: 63.29mg (6.33%)