



## Belgian Ale-Braised Brisket

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



498 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 750 milliliter tripel ale belgian-style
- ☐ 1 bay leaf
- ☐ 4 pound flat-cut beef brisket
- ☐ 0.3 cup brown sugar dark packed ()
- ☐ 0.3 cup dijon mustard
- ☐ 0.3 cup flour all-purpose
- ☐ 1 tablespoon ginger grated peeled
- ☐ 8 servings kosher salt

- ☐ 4 cups chicken broth low-sodium
- ☐ 2 tablespoons vegetable oil
- ☐ 2 medium onions yellow thinly sliced

## Equipment

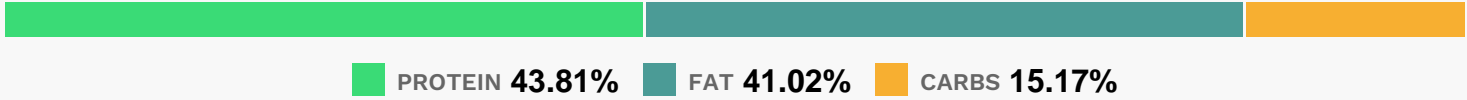
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ pot
- ☐ cutting board

## Directions

- ☐ Season brisket with salt. Wrap tightly in plastic and chill at least 8 hours.
- ☐ Let brisket sit at room temperature 1 hour.
- ☐ Preheat oven to 400°F.
- ☐ Combine mustard, brown sugar, and ginger in a small bowl. Unwrap brisket, place on a wire rack set inside a large rimmed baking sheet, and rub mustard mixture all over brisket. Roast until top is nicely browned, 30–40 minutes.
- ☐ Remove brisket from oven and reduce oven temperature to 300°F.
- ☐ Meanwhile, heat bacon fat in a large heavy ovenproof pot over medium heat.
- ☐ Add onions; season with salt and cook, stirring often, until deep golden brown, 8–10 minutes. Reduce heat to medium-low, add flour, and cook, stirring often, until mixture smells nutty, about 4 minutes.
- ☐ Add bay leaf, ale, and stock. Bring to a simmer.
- ☐ Add brisket, cover, and transfer to oven. Braise, turning every 30 minutes, until fork-tender, 3–4 hours. Discard bay leaf.
- ☐ Transfer brisket to a cutting board and let rest at least 20 minutes.
- ☐ If braising liquid is thin, bring to a boil, reduce, and simmer, skimming surface as needed, until thick enough to coat a spoon; season with salt, if needed. Slice brisket against the grain.

- ☐ Serve with braising liquid.
- ☐ DO AHEAD: Brisket can be braised 2 days ahead. Cover and chill in braising liquid.

# Nutrition Facts



## Properties

Glycemic Index:23.69, Glycemic Load:4.11, Inflammation Score:-5, Nutrition Score:24.639999644264%

## Flavonoids

Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

## Nutrients (% of daily need)

Calories: 497.51kcal (24.88%), Fat: 21.16g (32.55%), Saturated Fat: 6.64g (41.52%), Carbohydrates: 17.61g (5.87%), Net Carbohydrates: 16.68g (6.06%), Sugar: 8.12g (9.03%), Cholesterol: 140.61mg (46.87%), Sodium: 500.91mg (21.78%), Alcohol: 3.65g (100%), Alcohol %: 0.94% (100%), Protein: 50.84g (101.69%), Vitamin B12: 5.65µg (94.13%), Zinc: 10.03mg (66.88%), Selenium: 41.95µg (59.93%), Vitamin B3: 11.35mg (56.76%), Vitamin B6: 1.05mg (52.59%), Phosphorus: 525.54mg (52.55%), Iron: 5.05mg (28.03%), Vitamin B2: 0.48mg (28.03%), Potassium: 944.04mg (26.97%), Vitamin B1: 0.29mg (19.31%), Magnesium: 67.31mg (16.83%), Copper: 0.27mg (13.69%), Vitamin B5: 0.92mg (9.17%), Vitamin K: 9.44µg (8.99%), Folate: 34.59µg (8.65%), Manganese: 0.14mg (7.09%), Vitamin E: 1.04mg (6.94%), Calcium: 37.68mg (3.77%), Fiber: 0.93g (3.71%), Vitamin C: 2.12mg (2.56%)