



WHATSheATE



Braised Brisket with Bourbon-Peach Glaze



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



631 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 4 cups beef broth
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 2 teaspoons bourbon
- ☐ 1 large carrots chopped
- ☐ 3 celery stalks chopped
- ☐ 4 pound flat-cut brisket with 1/3" top layer of fat trimmed
- ☐ 3 garlic cloves smashed

- ☐ 2 tablespoons grapeseed oil divided
- ☐ 0.1 teaspoon ground cinnamon
- ☐ 0.5 cup peach jam
- ☐ 1 tablespoon kosher salt
- ☐ 10 servings kosher salt and pepper black freshly ground
- ☐ 0.3 cup brown sugar light packed ()
- ☐ 0.8 cup onion chopped
- ☐ 2 plum tomatoes cored chopped
- ☐ 0.3 teaspoon paprika smoked
- ☐ 0.3 cup soya sauce
- ☐ 12 ounce porter
- ☐ 6 large sprigs thyme leaves

Equipment

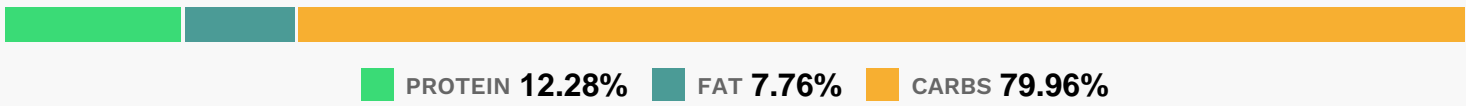
- ☐ bowl
- ☐ ladle
- ☐ oven
- ☐ pot
- ☐ blender
- ☐ broiler
- ☐ spatula
- ☐ tongs
- ☐ cutting board

Directions

- ☐ Mix all ingredients in a small bowl.
- ☐ Rub brisket all over with spicerub. Cover and chill for at least 2 hours or overnight.
- ☐ Let stand at room temperature for 1 hour before continuing.
- ☐ Preheat oven to 325°F.

- ☐ Heat 1 tablespoon oil in a large wide pot over high heat.
- ☐ Add brisket, fat side down. Cook undisturbed until well browned, 5–6 minutes. Turn brisket over and cook until browned, about 3 minutes. Using tongs, transfer to a plate. Reduce heat to medium and add remaining 1 tablespoon oil.
- ☐ Add onion and garlic. Cook, stirring occasionally, until onion is slightly golden, about 5 minutes.
- ☐ Add broth and all remaining ingredients. Bring liquid to a simmer. Return brisket to pot. Cover and transfer to oven.
- ☐ Braise until brisket is very tender to the touch but still holds its shape, about 4 1/2 hours. Using a large spatula, transfer brisket, fat side up, to a large plate. Strain braising liquid into a large bowl. Return liquid to pot, bring to a simmer, and cook until reduced to 2 cups, about 15 minutes. Score fat side of brisket by cutting a crosshatch pattern of 1/4"-deep slits spaced 1/2" apart. Return brisket, fat side up, to pot with reduced braising liquid. DO AHEAD: Brisket can be made 2 days ahead. Return brisket to pot, cover, and chill. Bring to a simmer and re-warm brisket before proceeding.
- ☐ Transfer 1/4 cup braising liquid to a blender.
- ☐ Add jam and bourbon and purée until smooth. Season with salt and pepper.
- ☐ Preheat broiler.
- ☐ Spread 3–4 tablespoons glaze on top of brisket with the back of a spoon. Broil brisket in pot until browned and glazed, watching carefully to prevent burning, 4–5 minutes.
- ☐ Transfer brisket to a cutting board. Slice against the grain and transfer to a large platter. Ladle braising liquid over.
- ☐ Drizzle remaining glaze on top.

Nutrition Facts



Properties

Glycemic Index: 58.88, Glycemic Load: 101.43, Inflammation Score: -9, Nutrition Score: 14.462608669115%

Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Isorhamnetin: 0.6mg, Isorhamnetin: 0.6mg, Isorhamnetin: 0.6mg, Isorhamnetin: 0.6mg, Kaempferol: 0.11mg

Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.54mg, Quercetin: 2.54mg, Quercetin: 2.54mg, Quercetin: 2.54mg

Nutrients (% of daily need)

Calories: 630.81kcal (31.54%), Fat: 5.29g (8.14%), Saturated Fat: 0.7g (4.36%), Carbohydrates: 122.76g (40.92%), Net Carbohydrates: 117.76g (42.82%), Sugar: 15.13g (16.81%), Cholesterol: 0mg (0%), Sodium: 2365.94mg (102.87%), Alcohol: 0.33g (100%), Alcohol %: 0.11% (100%), Protein: 18.85g (37.7%), Manganese: 1.04mg (51.78%), Vitamin B1: 0.51mg (34.02%), Vitamin A: 1366.68IU (27.33%), Vitamin B3: 5.06mg (25.32%), Phosphorus: 211.73mg (21.17%), Fiber: 5.01g (20.03%), Calcium: 184.39mg (18.44%), Copper: 0.36mg (17.98%), Iron: 3.23mg (17.92%), Magnesium: 58.16mg (14.54%), Vitamin B2: 0.23mg (13.73%), Folate: 54.75µg (13.69%), Potassium: 389.79mg (11.14%), Zinc: 1.65mg (11.01%), Vitamin B5: 0.83mg (8.34%), Vitamin C: 5.79mg (7.02%), Vitamin B6: 0.14mg (6.95%), Vitamin E: 0.97mg (6.44%), Vitamin K: 2.88µg (2.75%), Selenium: 1.34µg (1.92%), Vitamin B12: 0.07µg (1.12%)