



Braised Brisket with Thirty-Six Cloves of Garlic



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



636 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 pounds brisket dry with a damp paper towel, and patted trimmed
- ☐ 1.7 cups cloves minced unpeeled
- ☐ 1 teaspoon lemon zest grated
- ☐ 3 cups chicken broth low-sodium homemade
- ☐ 3 tablespoons olive oil
- ☐ 2 tablespoons red wine vinegar
- ☐ 2 rosemary leaves fresh chopped

☐ 8 servings pepper black freshly ground

Equipment

☐ food processor

☐ frying pan

☐ paper towels

☐ sauce pan

☐ oven

☐ blender

☐ roasting pan

☐ wooden spoon

☐ aluminum foil

☐ broiler

☐ broiler pan

Directions

☐ Preheat the oven to 325°F.

☐ Drop the garlic cloves into a small saucepan of boiling water for 30 seconds.

☐ Drain immediately. Peel as soon as the garlic is cool enough to handle. Set aside on paper towels to dry.

☐ Heat the olive oil over medium-high heat in a heavy-bottomed roasting pan or casserole large enough to accommodate the meat in one layer. Use two burners, if necessary.

☐ Add the brisket and brown well on both sides, about 10 minutes.

☐ Transfer the brisket to a platter and set aside. (Or brown the meat under the broiler: place the brisket, fat side up, on a foil-lined broiler pan under a preheated broiler. Broil for 5 to 6 minutes on each side, until browned. Don't allow it to develop a hard, dark crust, which might make the meat tough or bitter. Move the meat around as necessary, so it sears evenly.)

☐ Pour off all but about 1 tablespoon of fat remaining in the pan and add the garlic cloves. Cook over medium heat, stirring occasionally, until the garlic edges are tinged with gold.

- ☐ Add the vinegar and deglaze the pan, scraping up all the browned bits from the bottom with a wooden spoon.
- ☐ Add the stock, thyme, and rosemary sprigs, and reduce the heat to a simmer. Salt and pepper the brisket to taste on all sides, and add it to the pan, fat side up. Spoon the garlic cloves over the meat.
- ☐ Place the brisket in the oven, cover (if you have no lid, use heavy-duty foil), and cook, basting every half-hour, until the meat is fork tender, 2 1/2 to 3 hours or longer. (As the meat cooks, periodically check that the liquid is bubbling gently. If it is boiling rapidly, turn the oven down to 300°F.)
- ☐ The brisket tastes best if it is allowed to rest, reabsorbing the juices lost during braising, and it's easiest to defat the gravy if you prepare the meat ahead and refrigerate it until the fat solidifies. That is the method I use, given here, but the gravy can be prepared by skimming the fat in the traditional way, if you prefer. If you go that route though, do let the meat rest in the pan sauce for at least an hour.
- ☐ Cool the brisket in the pan sauce, cover well with foil, and refrigerate until the fat congeals. Scrape off all solid fat.
- ☐ Remove the brisket from the pan and slice thinly across the grain.
- ☐ Prepare the gravy: Bring the braising mixture to room temperature, then strain it, reserving the garlic and discarding the thyme and rosemary sprigs. Skim and discard as much fat as possible from the liquid. Puree about one half of the cooked garlic with 1 cup of the defatted braising liquid in a food processor or a blender. (If you want a smooth gravy, puree all of the cooked garlic cloves.)
- ☐ Transfer the pureed mixture, the remaining braising liquid, and the rest of the cooked garlic to a skillet.
- ☐ Add the chopped rosemary, minced garlic, and lemon zest. Boil down the gravy over high heat, uncovered, to the desired consistency. Taste and adjust the seasoning. Rewarm the brisket in the gravy until heated through.
- ☐ Arrange the sliced brisket on a serving platter. Spoon some of the hot gravy all over the meat and pass the rest in a separate sauce boat.
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Nutrition Facts



 **PROTEIN 37.02%**  **FAT 43.43%**  **CARBS 19.55%**

Properties

Glycemic Index:4, Glycemic Load:0.01, Inflammation Score:-7, Nutrition Score:45.102609048719%

Flavonoids

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 636.45kcal (31.82%), Fat: 33.1g (50.92%), Saturated Fat: 10.18g (63.64%), Carbohydrates: 33.53g (11.18%), Net Carbohydrates: 16.73g (6.08%), Sugar: 1.3g (1.44%), Cholesterol: 175.77mg (58.59%), Sodium: 387.55mg (16.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 63.48g (126.95%), Manganese: 29.69mg (1484.63%), Vitamin B12: 6.98µg (116.29%), Zinc: 13.46mg (89.71%), Vitamin K: 76.9µg (73.24%), Selenium: 50.05µg (71.5%), Vitamin B6: 1.39mg (69.69%), Fiber: 16.8g (67.18%), Vitamin B3: 13.16mg (65.78%), Phosphorus: 648.29mg (64.83%), Iron: 11.53mg (64.08%), Magnesium: 194.33mg (48.58%), Potassium: 1519.31mg (43.41%), Vitamin E: 6.01mg (40.08%), Vitamin B2: 0.62mg (36.33%), Calcium: 331.07mg (33.11%), Vitamin B1: 0.36mg (24.11%), Copper: 0.46mg (22.8%), Vitamin B5: 1.25mg (12.47%), Folate: 32.49µg (8.12%), Vitamin A: 86.84IU (1.74%)