



Brisket Braised in Porter

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



752 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 bay leaves
- ☐ 2 teaspoons pepper black freshly ground
- ☐ 1 pound carrots peeled
- ☐ 1 tablespoon kosher salt
- ☐ 2 teaspoons t brown sugar dark packed ()
- ☐ 2 teaspoons ground mustard dry (such as Colman's)
- ☐ 6 pound flat parsely with some fat still attached trimmed
- ☐ 2 teaspoons sage fresh chopped

- ☐ 2 teaspoons thyme sprigs fresh chopped
- ☐ 4 cups chicken broth divided ()
- ☐ 1 tablespoon malt vinegar ()
- ☐ 1 pound mushrooms sliced
- ☐ 2 tablespoons add carrot and onion to bacon fat . cook
- ☐ 2.5 pounds onion thinly sliced
- ☐ 12 ounce porter
- ☐ 6 prune- cut to pieces whole pitted
- ☐ 8 garlic clove whole peeled
- ☐ 2 tablespoons coarse mustard whole

Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ roasting pan
- ☐ aluminum foil
- ☐ cutting board

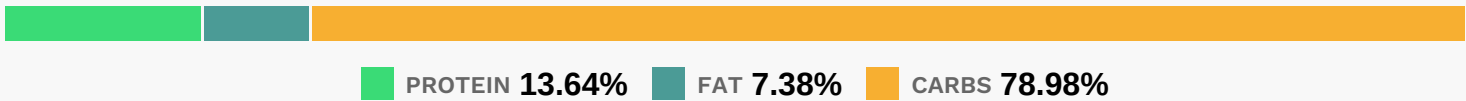
Directions

- ☐ Position rack in center of oven and preheat to 350°F.
- ☐ Mix first 5 ingredients in small bowl. Rub herb mixture all over brisket.
- ☐ Heat bacon fat in heavy extra-large wide ovenproof pot over medium-high heat.
- ☐ Add brisket to pot and cook until deep brown, about 5 minutes per side.
- ☐ Transfer brisket to platter or rimmed baking sheet.
- ☐ Add 2 cups broth to pot and bring to boil, scraping up browned bits from bottom of pot. Stir in porter, prunes, bay leaves, and brown sugar; bring to boil. Return brisket to pot, fat side down;

scatter onion slices over tocover meat, then add garlic.

- ☐ Cover pot; place in oven and braisebrisket 1 hour.
- ☐ Remove pot from oven;uncover and turn brisket over so that onionslices fall into liquid in pot. Return pot tooven and braise uncovered 30 minutes.
- ☐ Add 1 cup broth. Cover and bake 1 hour 30minutes longer.
- ☐ Transfer brisket to platter or rimmedbaking sheet; add 1 more cup broth toliquid in pot, then add mushrooms andcarrots. Return brisket to pot. Coverand return to oven; braise until meat andcarrots are very tender, adding more brothby cupfuls, if needed, to cover vegetables,about 45 minutes longer. Cool slightly.Refrigerate uncovered until cold, thencover and keep chilled at least 1 day andup to 2 days.
- ☐ Preheat oven to 350°F. Spoon off anyfat from surface of brisket pan juices anddiscard.
- ☐ Transfer brisket to cutting board.Thinly slice brisket across grain.
- ☐ Placebrisket slices in large roasting pan. Bringpan juices with vegetables in pot to boil.
- ☐ Whisk in mustard and 1 tablespoon vinegar.Season to taste with salt and pepper,adding more vinegar by teaspoonfuls, ifdesired.
- ☐ Pour pan juices and vegetablesover brisket in roasting pan. Cover roastingpan tightly with heavy-duty foil and cook inoven until brisket slices and vegetables areheated through, about 1 hour 15 minutes.
- ☐ Serve meat with vegetables and sauce.
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:35.07, Glycemic Load:122.19, Inflammation Score:-10, Nutrition Score:27.626086810361%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 4.73mg, Isorhamnetin: 4.73mg, Isorhamnetin: 4.73mg, Isorhamnetin: 4.73mg Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 19.39mg, Quercetin: 19.39mg, Quercetin: 19.39mg, Quercetin: 19.39mg

Nutrients (% of daily need)

Calories: 751.53kcal (37.58%), Fat: 6.1g (9.38%), Saturated Fat: 1.53g (9.58%), Carbohydrates: 146.85g (48.95%), Net Carbohydrates: 138.11g (50.22%), Sugar: 9.28g (10.31%), Cholesterol: 2.22mg (0.74%), Sodium: 1884.17mg (81.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.36g (50.73%), Vitamin A: 6377.48IU (127.55%), Copper: 1.64mg (81.85%), Manganese: 1.44mg (71.92%), Vitamin B1: 0.72mg (48%), Vitamin B3: 7.93mg (39.65%), Fiber: 8.74g (34.96%), Phosphorus: 329.83mg (32.98%), Vitamin B2: 0.46mg (27.04%), Calcium: 248.05mg (24.8%), Iron: 4.14mg (23.02%), Potassium: 778.86mg (22.25%), Folate: 87.24µg (21.81%), Magnesium: 83.92mg (20.98%), Vitamin B5: 1.74mg (17.36%), Zinc: 2.54mg (16.9%), Vitamin B6: 0.33mg (16.55%), Vitamin C: 11.25mg (13.64%), Vitamin K: 8.98µg (8.55%), Selenium: 5.9µg (8.43%), Vitamin E: 0.34mg (2.26%), Vitamin B12: 0.09µg (1.56%)