






 **73%**
HEALTH SCORE

Brisket Supper with Mushroom-Sage Polenta

 **Gluten Free**  **Very Healthy**

READY IN

285 min.

SERVINGS

4

CALORIES

1427 kcal

LUNCH MAIN COURSE MAIN DISH DINNER

Ingredients

- 5 pounds brisket lean
- 2 cup beef stock
- 2 tablespoons butter
- 15 ounce canned tomatoes diced canned
- 2 cups chicken stock plus 1 cup milk whole
- 2 pinches a couple ground cloves
- 4 servings kosher salt and coarse pepper black
- 1 cup cooking wine dry white

- 1 cup flat-leaf parsley tops fresh for garnish, optional
- 4 bay leaves fresh
- 8 leaves sage fresh very thinly sliced
- 1 large clove garlic crushed
- 4 cloves garlic sliced
- 1 pound mushrooms mixed sliced
- 3 tablespoons olive oil extra-virgin
- 4 tablespoons olive oil
- 4 medium onions halved sliced
- 4 servings polenta
- 4 servings salt and pepper black freshly ground
- 2 tablespoons tomato paste

Equipment

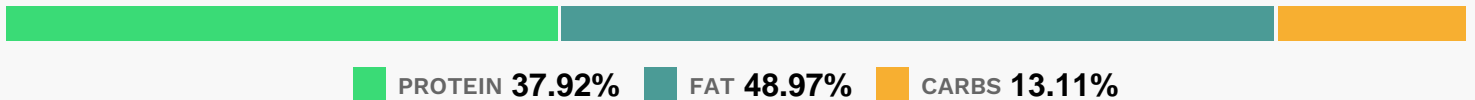
- frying pan
- oven
- whisk
- pot
- aluminum foil
- dutch oven

Directions

- Preheat the oven to 350 degrees F.
- Season the meat liberally with salt and pepper.
- Add a couple of tablespoons olive oil to a large Dutch oven, a couple of turns of the pan, and heat over medium-high heat.
- Add the meat and brown all over, 10 to 12 minutes.
- Remove the meat from the pan and drain off meat fat if any accumulates.
- Add another turn or 2 of the pan with extra-virgin olive oil.

- Add onions, garlic, bay and season with salt and pepper, cook to tender 8 to 10 minutes, add a few pinches cloves and stir in the tomato paste 1 minute. Next stir in the wine and deglaze the pan, then add the stock and canned diced tomatoes and stir to combine. Settle the meat back into the pot and cover.
- Bake 1 1/2 hours, then uncover and bake 1 hour to reduce the liquids, then place the cover back on and cook until very tender, 1 1/2 hours more.
- Remove the brisket to the carving board and cover with foil to keep warm.
- Reduce the sauce a few minutes, simmering gently, uncovered to thicken a bit.
- Heat 3 tablespoons extra-virgin olive oil over medium-high heat and add garlic and mushrooms, cooking until very tender, season with salt and pepper and stir in sage. Bring the stock-milk mixture to a boil in a saucepot and add the polenta.
- Whisk the polenta 2 to 3 minutes until it pulls away from the side of the pot.
- Add the butter, if using and fold in mushrooms.
- Slice the brisket and serve with sauce over polenta with mushrooms. Cool half of the brisket and store for later in the week. Scatter a few bitter greens over the top for an optional garnish.

Nutrition Facts



Properties

Glycemic Index:82.75, Glycemic Load:7.28, Inflammation Score:-10, Nutrition Score:63.71478277704%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 32.35mg, Apigenin: 32.35mg, Apigenin: 32.35mg, Apigenin: 32.35mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg Myricetin: 2.33mg, Myricetin: 2.33mg, Myricetin: 2.33mg, Myricetin: 2.33mg Quercetin: 22.46mg, Quercetin: 22.46mg, Quercetin: 22.46mg, Quercetin: 22.46mg

Nutrients (% of daily need)

Calories: 1426.88kcal (71.34%), Fat: 74.85g (115.16%), Saturated Fat: 22.25g (139.08%), Carbohydrates: 45.11g (15.04%), Net Carbohydrates: 37.09g (13.49%), Sugar: 16.38g (18.2%), Cholesterol: 370.18mg (123.39%), Sodium: 1328.12mg (57.74%), Alcohol: 6.18g (100%), Alcohol %: 0.62% (100%), Protein: 130.42g (260.85%), Vitamin K: 277.16µg (263.96%), Vitamin B12: 13.79µg (229.83%), Zinc: 26.84mg (178.96%), Vitamin B6: 3.27mg (163.52%), Vitamin B3: 31.77mg (158.86%), Selenium: 107.56µg (153.66%), Phosphorus: 1443.85mg (144.39%), Potassium: 3280.72mg (93.73%), Vitamin B2: 1.55mg (91.43%), Iron: 15.3mg (84.98%), Copper: 1.3mg (64.96%), Manganese: 1.2mg (59.92%), Vitamin B1: 0.84mg (55.91%), Magnesium: 220.92mg (55.23%), Vitamin C: 41.08mg (49.79%), Vitamin E: 7.41mg (49.39%), Vitamin B5: 4.3mg (42.97%), Vitamin A: 1824.17IU (36.48%), Fiber: 8.01g (32.05%), Folate: 123.06µg (30.76%), Calcium: 148.24mg (14.82%), Vitamin D: 0.45µg (3.02%)