

DINNER

Brisket with Olives and Preserved Lemons

15 September 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	8	\$2.48	316 kcal



Forget going out to eat or ordering takeout every time you crave Jewish food.

Ingredients

- ☐ 2 bay leaves
- ☐ ½ teaspoon freshly ground black pepper
- ☐ 1/3 cup diced celery
- ☐ 2 teaspoons grated peeled fresh ginger
- ☐ 5 garlic cloves
- ☐ 1 teaspoon kosher salt
- ☐ 8 cups chopped onion (about 4 large)
- ☐ 2½ pound beef brisket, trimmed
- ☐ 14½ ounce stewed tomatoes, undrained canned
- ☐ ¼ cup coarsely chopped fresh cilantro, divided
- ☐ ¼ cup coarsely chopped fresh parsley, divided
- ☐ ½ teaspoon ground turmeric
- ☐ 1/3 cup oil-cured olives, pitted and thinly sliced
- ☐ ¼ cup finely chopped Preserved Lemons

☐ ½ cup water

☐ 0.1 teaspoon white pepper

EQUIPMENT Frying pan, Oven, Baking pan, Aluminum foil

Method

- 1 Preheat oven to 35
- 2 Make 5 (1/2-inch-deep) slits into brisket; place 1 garlic clove in each slit.
- 3 Sprinkle brisket evenly with salt and black pepper.
- 4 Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- 5 Add brisket to pan; cook 5 minutes, browning on all sides.
- 6 Remove from pan.
- 7 Recoat pan with cooking spray.
- 8 Add onion to pan; saut 10 minutes or until tender.
- 9 Add 1/2 cup water and next 6 ingredients (through bay leaves) to pan; cook 2 minutes or until heated through.
- 10 Place brisket in a 13 x 9inch baking dish coated with cooking spray; top with onion mixture. Cover dish with foil.
- 11 Bake at 350 for 3 hours or until brisket is very tender.
- 12 Remove brisket from dish, reserving onion mixture. Discard bay leaves. Stir 2 tablespoons parsley and 2 tablespoons cilantro into onion mixture.
- 13 Cut brisket diagonally across grain into thin slices. Arrange brisket and onion mixture on a serving platter; sprinkle with remaining 2 tablespoons parsley and remaining 2 tablespoons cilantro.
- 14 Serve with Preserved Lemons and olives.

Nutrition per serving

316	32 g	12 g	20 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			3.9 g · 24% of daily needs
Fibre			4.5 g · 18% of daily needs
Sugar			9.4 g · 10% of daily needs
Sodium			570 mg · 25% of daily needs
Cholesterol			87.9 mg · 29% of daily needs
Vitamin C			20 mg · 24% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/brisket-with-olives-and-preserved-lemons-142630