



Brisket with Parsnips, Leeks and Green Onions

 Gluten Free  Dairy Free

READY IN



170 min.

SERVINGS



8

CALORIES



556 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons apple cider vinegar
- 3.5 pound brisket
- 1 quart beef stock
- 2 tablespoons canola oil
- 0.3 cup brown sugar dark divided
- 6 cloves garlic with pinch of salt and crushed with mortar and pestle; peeled
- 2 bunches green onions thinly sliced

- 8 servings kosher salt and freshly cracked pepper black
- 0.5 pound leeks washed ends trimmed halved lengthwise cut into 1/2-inch slices, well
- 3 pounds parsnips trimmed peeled halved lengthwise
- 1 cup red wine

Equipment

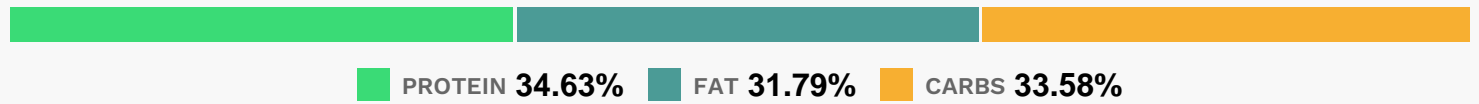
- bowl
- baking sheet
- ladle
- oven
- pot
- tongs

Directions

- Preheat an oven to 350 degrees F.
- In a large pot, heat the canola oil over high heat. When the oil begins to smoke slightly, season both sides of the brisket with salt and pepper, to taste. Use metal tongs to add the meat to the pot. If the oil is hot enough, the meat will not stick to the bottom. Cook, undisturbed, on its first side until browned, about 3 to 5 minutes. Turn over and brown on the other side, about 3 to 5 additional minutes.
- Remove the meat from the pot and put it onto a baking sheet to rest.
- Combine the garlic paste and green onions in a small bowl.
- Spread half of the mixture over the brisket. Flip the meat and add the remaining mixture to the other side. Set aside.
- In the same pot, over low heat and add the parsnips. Season them with a little salt and a scant 1 tablespoon brown sugar. Stir to coat with the oil and cook until slightly tender, about 2 to 3 minutes.
- Add in 2 tablespoons apple cider vinegar and the leeks and gently brown them, about 3 to 5 minutes. Adjust the seasonings with salt.
- Pour in the wine and let it reduce for 5 minutes.

- Sprinkle the vegetables with the remaining 1/4 cup of brown sugar and another pinch of salt. Cook them until browned, another 3 to 5 minutes.
- Add the brisket to the pot and stir in 2 to 3 cups of the beef stock. Bring the stock to a gentle simmer. Slide it into the center of the oven and cook for 1 hour. Check the level of the liquid, adding water, if needed.
- Remove the pot from the oven, taste and re-season, if needed. Return the pot to the oven and cook the brisket until the meat is tender when pierced with a fork, an additional 1 to 1 1/2 hours (see Cook's Note).
- Remove the pot from the oven and transfer the meat to a platter. Arrange the vegetables alongside and ladle the sauce on top.

Nutrition Facts



Properties

Glycemic Index:25.13, Glycemic Load:13.13, Inflammation Score:-8, Nutrition Score:37.912608519844%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 2.7mg, Quercetin: 2.7mg, Quercetin: 2.7mg, Quercetin: 2.7mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 556.46kcal (27.82%), Fat: 18.85g (29%), Saturated Fat: 5.54g (34.62%), Carbohydrates: 44.79g (14.93%), Net Carbohydrates: 35.74g (13%), Sugar: 16.94g (18.82%), Cholesterol: 123.04mg (41.01%), Sodium: 612.12mg (26.61%), Alcohol: 3.18g (100%), Alcohol %: 0.71% (100%), Protein: 46.2g (92.39%), Vitamin B12: 4.82µg (80.37%), Vitamin K: 69.37µg (66.06%), Zinc: 9.89mg (65.92%), Manganese: 1.22mg (60.89%), Vitamin B6: 1.17mg (58.46%),

Phosphorus: 579.38mg (57.94%), Selenium: 37.81µg (54.02%), Vitamin B3: 10.28mg (51.38%), Potassium: 1638.22mg (46.81%), Vitamin C: 34.15mg (41.39%), Folate: 152.64µg (38.16%), Fiber: 9.05g (36.19%), Iron: 6.05mg (33.62%), Vitamin B2: 0.56mg (32.66%), Magnesium: 117.36mg (29.34%), Vitamin B1: 0.42mg (27.79%), Vitamin E: 4.09mg (27.26%), Copper: 0.47mg (23.74%), Vitamin B5: 1.79mg (17.91%), Calcium: 114.23mg (11.42%), Vitamin A: 533.21IU (10.66%)