



Grandma Ethel's Brisket with Tzimmes

 Gluten Free  Dairy Free

READY IN



300 min.

SERVINGS



10

CALORIES



950 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 lb brisket
- 1 teaspoon pepper black
- 2 lb carrots peeled
- 4 cups demi glace
- 3 tablespoons olive oil
- 2.8 cups prune- cut to pieces dried pitted
- 1.8 teaspoons salt
- 0.8 cup sherry vinegar

- 4 medium sweet potatoes and into peeled cut into 2-inch pieces

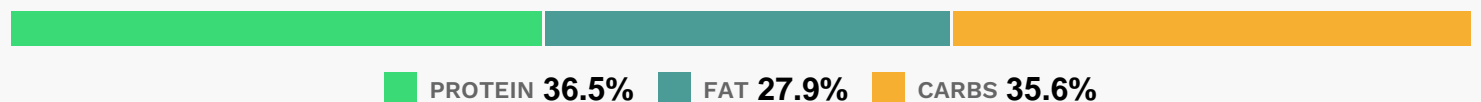
Equipment

- frying pan
- oven
- roasting pan
- aluminum foil
- cutting board

Directions

- Put oven rack in middle position and preheat oven to 350°F.
- Pat brisket dry and rub all over with 1 teaspoon salt and 1/2 teaspoon pepper.
- Heat oil in a 17- by 11-inch heavy roasting pan (3 inches deep) over moderately high heat, straddled across 2 burners, until hot but not smoking, then brown brisket, starting with fat side down, on both sides, about 5 minutes per side.
- Remove from heat, then add stock and vinegar to pan. Cover pan tightly with heavy-duty foil and braise brisket in oven 2 hours.
- Add carrots and potatoes to pan and braise, covered, 1 hour.
- Add prunes and braise, covered, until meat is fork-tender, about 30 minutes more. Cool meat, uncovered, to room temperature, about 1 hour, then chill, covered, at least 12 hours.
- Put oven rack in middle position and preheat oven to 350°F.
- Transfer brisket to a cutting board and slice across the grain about 1/4 inch thick. Discard as much fat as possible from surface of vegetables and sauce, then return sliced meat to pan and reheat, covered with foil, until heated through, about 40 minutes.
- Sprinkle with remaining 3/4 teaspoon salt and remaining 1/2 teaspoon pepper, then arrange meat with tzimmes and sauce on a large platter.
- Brisket can be chilled up to 3 days.

Nutrition Facts



Properties

Glycemic Index:16.58, Glycemic Load:19.76, Inflammation Score:-10, Nutrition Score:41.955652112546%

Flavonoids

Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

Nutrients (% of daily need)

Calories: 950.06kcal (47.5%), Fat: 28.97g (44.57%), Saturated Fat: 7.72g (48.24%), Carbohydrates: 83.18g (27.73%), Net Carbohydrates: 74.48g (27.08%), Sugar: 34.83g (38.7%), Cholesterol: 168.74mg (56.25%), Sodium: 2629.5mg (114.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 85.28g (170.55%), Vitamin A: 28355.28IU (567.11%), Vitamin B12: 6.61µg (110.22%), Zinc: 12.44mg (82.92%), Vitamin B6: 1.56mg (77.79%), Phosphorus: 656.04mg (65.6%), Vitamin B3: 13.02mg (65.1%), Selenium: 45.42µg (64.89%), Iron: 9.65mg (53.61%), Potassium: 1853.1mg (52.95%), Vitamin K: 48.47µg (46.16%), Vitamin B2: 0.66mg (38.81%), Fiber: 8.7g (34.8%), Magnesium: 116.77mg (29.19%), Manganese: 0.58mg (28.95%), Vitamin B1: 0.43mg (28.48%), Copper: 0.53mg (26.71%), Vitamin B5: 2.13mg (21.28%), Vitamin E: 2.52mg (16.78%), Folate: 48.18µg (12.04%), Vitamin C: 7.9mg (9.57%), Calcium: 93.5mg (9.35%)