



Horseradish-Glazed Brisket and Short Ribs with Root Vegetable Mash

 Gluten Free

READY IN



360 min.

SERVINGS



8

CALORIES



596 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3.5 pound flat-cut beef brisket
- ☐ 0.3 teaspoon peppercorns whole black
- ☐ 2 pounds beef short ribs bone-in (6 medium)
- ☐ 2 cardamom pods
- ☐ 1 cup celery leaves
- ☐ 4 cups cubes celery root peeled (celeriac; 1 large)
- ☐ 1 tablespoon coarse kosher salt

- ☐ 3 tablespoons dijon mustard
- ☐ 1 garlic clove peeled
- ☐ 3 tablespoons brown sugar packed ()
- ☐ 3 tablespoons horseradish white prepared
- ☐ 1 medium onion peeled
- ☐ 4 cups cubes rutabaga trimmed peeled (2 large)
- ☐ 2 turkish bay leaf
- ☐ 0.3 cup butter unsalted room temperature ()

Equipment

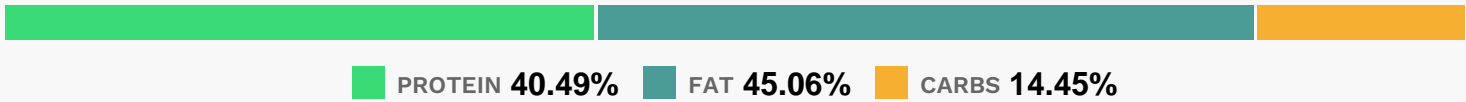
- ☐ oven
- ☐ pot
- ☐ potato masher
- ☐ glass baking pan
- ☐ cheesecloth

Directions

- ☐ Stack three 8-inch squares cheesecloth on work surface.
- ☐ Place celery leaves and next 5 ingredients in center of square. Gather up edges of cheesecloth; tie with kitchen string and set packet aside.
- ☐ Place brisket and short ribs in heavy large wide pot.
- ☐ Add enough water to pot to cover meat. Bring to simmer over medium heat. Skim any impurities that rise to surface. Reduce heat to maintain gentle simmer.
- ☐ Add packet, onion, and 1 tablespoon coarse salt. Cover; simmer until meat is fork-tender, about 2 hours for short ribs and 3 1/4 to 3 1/2 hours for brisket.
- ☐ Transfer meats to 15x10x2-inch glass baking dish.
- ☐ Remove and discard bones from short ribs.
- ☐ Remove and discard packet and most of onion from cooking liquid. DO AHEAD: Can be made 1 day ahead. Cool cooking liquid and meats slightly, then chill separately until cold. Cover each; keep chilled.

- ☐ Bring meat cooking liquid to boil; addcelery root, rutabaga, and potatoes. Reduceheat to medium and cook uncovered untilvegetables are tender, about 45 minutes.
- ☐ Drain vegetables, reserving 3 cups cookingliquid. Return vegetables to pot and stir overlow heat 1 minute to dry. Mash vegetableswith potato masher to coarse puree. Mash inbutter. Season to taste with salt and pepper.DO AHEAD: Can be made 2 hours ahead.
- ☐ Let stand at room temperature. Rewarmover medium–low heat before serving,adding reserved meat cooking liquid bytablespoonfuls as needed to moisten.
- ☐ Preheat oven to 375°F.
- ☐ Whiskhorseradish, mustard, and sugar in smallbowl.
- ☐ Brush 3 tablespoons horseradishsauce over meats in dish.
- ☐ Sprinkle with saltand pepper. Roast meats until browned andheated through, 35 to 45 minutes.
- ☐ Transfermeats to work surface. Thinly slice acrossgrain.
- ☐ Place on platter.
- ☐ Drizzle 2 cupsreserved cooking liquid around.
- ☐ Serve withvegetable mash and horseradish sauce.

Nutrition Facts



Properties

Glycemic Index:37.5, Glycemic Load:5.86, Inflammation Score:-6, Nutrition Score:35.445217648278%

Flavonoids

Apigenin: 5.42mg, Apigenin: 5.42mg, Apigenin: 5.42mg, Apigenin: 5.42mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 1.5mg, Myricetin: 1.5mg, Myricetin: 1.5mg, Myricetin: 1.5mg Quercetin: 3.09mg, Quercetin: 3.09mg, Quercetin: 3.09mg, Quercetin: 3.09mg

Nutrients (% of daily need)

Calories: 595.73kcal (29.79%), Fat: 29.5g (45.38%), Saturated Fat: 12.49g (78.08%), Carbohydrates: 21.3g (7.1%), Net Carbohydrates: 16.96g (6.17%), Sugar: 10.25g (11.39%), Cholesterol: 187.13mg (62.38%), Sodium: 1280.97mg (55.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 59.63g (119.27%), Vitamin B12: 7.64µg (127.34%), Zinc:

13.13mg (87.56%), Phosphorus: 705.46mg (70.55%), Vitamin B6: 1.41mg (70.5%), Selenium: 47.95µg (68.5%),
Vitamin B3: 11.86mg (59.31%), Potassium: 1534.07mg (43.83%), Vitamin K: 44.38µg (42.26%), Iron: 6.79mg (37.75%),
Vitamin B2: 0.57mg (33.49%), Vitamin C: 27.33mg (33.13%), Vitamin B1: 0.4mg (26.94%), Magnesium: 104.37mg
(26.09%), Manganese: 0.5mg (25.22%), Fiber: 4.34g (17.35%), Copper: 0.32mg (16.25%), Vitamin B5: 1.48mg
(14.76%), Folate: 56.99µg (14.25%), Calcium: 111.26mg (11.13%), Vitamin E: 1.39mg (9.3%), Vitamin A: 318.17IU (6.36%)