



Jewish Brisket Sandwich with Smoked Mozzarella and Red Cabbage Slaw

READY IN



235 min.

SERVINGS



4

CALORIES



1564 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves
- ☐ 4 pound brisket
- ☐ 2 cups beef stock
- ☐ 1 large carrots cut into chunks
- ☐ 2 celery stalks cut into chunks
- ☐ 0.3 cup cherry peppers jarred thinly sliced
- ☐ 4 sprigs rosemary fresh
- ☐ 3 cloves garlic crushed peeled

- ☐ 4 servings kosher salt and coarsely ground pepper black
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 0.3 cup juice of lemon freshly squeezed ()
- ☐ 0.5 cup mayonnaise
- ☐ 8 slices mozzarella cheese smoked
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 4 onion rolls toasted
- ☐ 4 cups cabbage red thinly sliced
- ☐ 2 cups red wine
- ☐ 0.3 cup red wine vinegar
- ☐ 1 small shallots thinly sliced
- ☐ 1 tablespoon mustard stone-ground
- ☐ 1.5 tablespoons sugar
- ☐ 3 thyme sprigs fresh
- ☐ 1 onion yellow cut into chunks

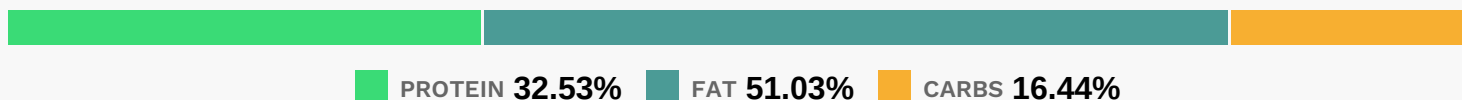
Equipment

- ☐ bowl
- ☐ ladle
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ plastic wrap
- ☐ wooden spoon
- ☐ dutch oven
- ☐ cutting board

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 325 degrees F.
- ☐ Sprinkle the brisket liberally on both sides with 1 tablespoon salt and some pepper.
- ☐ Place a large Dutch oven or heavy-based pot over medium-high heat.
- ☐ Add the oil.
- ☐ Add the brisket and sear on all sides until deep golden brown, 10 to 12 minutes.
- ☐ Remove the brisket and set aside.
- ☐ Add the garlic, celery, carrots and onions and cook until browned, about 5 minutes. Deglaze the pot with the wine and let simmer, about 1 minute. Then, use a wooden spoon to scrape the bottom of the pot. Then add the stock, rosemary, bay leaves and thyme.
- ☐ Add the brisket back to the pot fat-side up, cover and roast in the oven until the brisket is fork tender, about 3 hours.
- ☐ Transfer the brisket to a cutting board and let it rest, about 15 minutes. Strain out the vegetables and skim off some of the excess fat and reserve the jus. Slice the brisket thinly across the grain.
- ☐ Whisk the mayonnaise and mustard until well blended in a small bowl. Smear the top of the rolls with the mayonnaise mixture liberally.
- ☐ Place the mozzarella on the bottom of the rolls, pile high with the brisket and ladle the jus over top. Top with the Red Cabbage Slaw.
- ☐ Whisk the lemon juice, vinegar and sugar in a medium bowl. While whisking, slowly add the oil until smooth.
- ☐ Add the cherry peppers, shallots and cabbage. Taste and season with salt and pepper. Cover the bowl with plastic wrap and set aside in the refrigerator until you are ready to serve.

Nutrition Facts



Properties

Glycemic Index:117.23, Glycemic Load:7.2, Inflammation Score:-10, Nutrition Score:60.432174138401%

Flavonoids

Cyanidin: 186.98mg, Cyanidin: 186.98mg, Cyanidin: 186.98mg, Cyanidin: 186.98mg Petunidin: 2.38mg, Petunidin: 2.38mg, Petunidin: 2.38mg, Petunidin: 2.38mg Delphinidin: 2.5mg, Delphinidin: 2.5mg, Delphinidin: 2.5mg, Delphinidin: 2.5mg Malvidin: 16.61mg, Malvidin: 16.61mg, Malvidin: 16.61mg, Malvidin: 16.61mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 1.5mg, Peonidin: 1.5mg, Peonidin: 1.5mg, Peonidin: 1.5mg Catechin: 8.57mg, Catechin: 8.57mg, Catechin: 8.57mg, Catechin: 8.57mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 4.55mg, Epicatechin: 4.55mg, Epicatechin: 4.55mg, Epicatechin: 4.55mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.96mg, Hesperetin: 2.96mg, Hesperetin: 2.96mg, Hesperetin: 2.96mg Naringenin: 2.36mg, Naringenin: 2.36mg, Naringenin: 2.36mg, Naringenin: 2.36mg Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Isorhamnetin: 1.4mg, Isorhamnetin: 1.4mg, Isorhamnetin: 1.4mg, Isorhamnetin: 1.4mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg Quercetin: 7.29mg, Quercetin: 7.29mg, Quercetin: 7.29mg, Quercetin: 7.29mg Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg

Nutrients (% of daily need)

Calories: 1564.17kcal (78.21%), Fat: 82.53g (126.98%), Saturated Fat: 24.29g (151.84%), Carbohydrates: 59.81g (19.94%), Net Carbohydrates: 54.1g (19.67%), Sugar: 16.43g (18.26%), Cholesterol: 337.75mg (112.58%), Sodium: 1967.12mg (85.53%), Alcohol: 12.72g (100%), Alcohol %: 1.49% (100%), Protein: 118.4g (236.8%), Vitamin B12: 12.35µg (205.8%), Zinc: 22.01mg (146.75%), Selenium: 88.76µg (126.8%), Phosphorus: 1239.19mg (123.92%), Vitamin B6: 2.37mg (118.56%), Vitamin B3: 21.95mg (109.76%), Vitamin K: 98.28µg (93.6%), Vitamin A: 4459.74IU (89.19%), Vitamin B2: 1.35mg (79.64%), Iron: 13.66mg (75.91%), Vitamin C: 62.33mg (75.55%), Potassium: 2303.28mg (65.81%), Vitamin B1: 0.82mg (54.96%), Calcium: 466.46mg (46.65%), Magnesium: 164.82mg (41.21%), Folate: 140.16µg (35.04%), Manganese: 0.63mg (31.6%), Vitamin E: 4.54mg (30.29%), Copper: 0.51mg (25.38%), Fiber: 5.71g (22.85%), Vitamin B5: 2.04mg (20.38%), Vitamin D: 0.28µg (1.88%)