



## Nach Waxman's Brisket of Beef



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



502 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 6 pound brisket trimmed thin
- ☐ 10 servings pepper black freshly ground
- ☐ 1 carrots trimmed peeled
- ☐ 3 tablespoons corn oil
- ☐ 2 cloves garlic peeled quartered
- ☐ 10 servings kosher salt
- ☐ 8 medium onion peeled sliced
- ☐ 3 tablespoons tomato paste

## Equipment

- ☐ oven
- ☐ knife
- ☐ pot
- ☐ wooden spoon
- ☐ cutting board

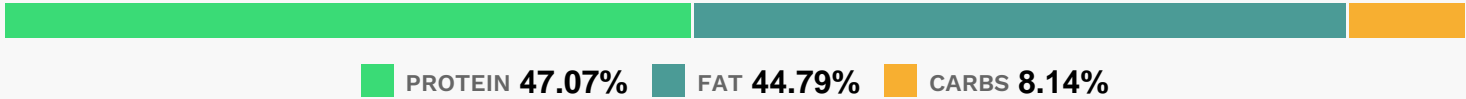
## Directions

- ☐ Preheat the oven to 375°F.
- ☐ Lightly dust the brisket with flour, then sprinkle with pepper to taste.
- ☐ Heat the oil over medium-high heat in a large ovenproof enameled cast-iron pot or other heavy pot with a lid just large enough to hold the brisket snugly.
- ☐ Add the brisket to the pot and brown on both sides until crusty brown areas appear on the surface here and there, 5 to 7 minutes per side.
- ☐ Transfer the brisket to a platter, turn up the heat a bit, then add the onions to the pot and stir constantly with a wooden spoon, scraping up any browned bits stuck to the bottom of the pot. Cook until the onions have softened and developed a rich brown color but aren't yet caramelized, 10 to 15 minutes.
- ☐ Turn off the heat and place the brisket and any accumulated juices on top of the onions.
- ☐ Spread the tomato paste over the brisket as if you were icing a cake.
- ☐ Sprinkle with salt and more pepper to taste, then add the garlic and carrot to the pot. Cover the pot, transfer to the oven, and cook the brisket for 1 1/2 hours.
- ☐ Transfer the brisket to a cutting board and, using a very sharp knife, slice the meat across the grain into approximately 1/8-inch-thick slices. Return the slices to the pot, overlapping them at an angle so that you can see a bit of the top edge of each slice. The end result should resemble the original unsliced brisket leaning slightly backward. Check the seasonings and, if absolutely necessary, add 2 to 3 teaspoons of water to the pot.
- ☐ Cover the pot and return to the oven. Lower the heat to 325°F and cook the brisket until it is fork-tender, about 2 hours. Check once or twice during cooking to make sure that the liquid is not bubbling away. If it is, add a few more teaspoons of water—but not more. Also, each time you check, spoon some of the liquid on top of the roast so that it drips down between the

slices.

- ☐
- It is ready to serve with its juices, but, in fact, it's even better the second day.
- ☐
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## Nutrition Facts



### Properties

Glycemic Index:18.08, Glycemic Load:2.4, Inflammation Score:-8, Nutrition Score:28.649130365123%

### Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 4.41mg, Isorhamnetin: 4.41mg, Isorhamnetin: 4.41mg, Isorhamnetin: 4.41mg Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 17.89mg, Quercetin: 17.89mg, Quercetin: 17.89mg, Quercetin: 17.89mg

### Nutrients (% of daily need)

Calories: 501.75kcal (25.09%), Fat: 24.39g (37.52%), Saturated Fat: 7.43g (46.45%), Carbohydrates: 9.97g (3.32%), Net Carbohydrates: 8.07g (2.94%), Sugar: 4.61g (5.12%), Cholesterol: 168.74mg (56.25%), Sodium: 454.56mg (19.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 57.67g (115.34%), Vitamin B12: 6.61µg (110.22%), Zinc: 11.93mg (79.55%), Selenium: 45.42µg (64.89%), Vitamin B6: 1.28mg (63.76%), Phosphorus: 579.75mg (57.97%), Vitamin B3: 11.04mg (55.19%), Potassium: 1098.56mg (31.39%), Iron: 5.59mg (31.07%), Vitamin B2: 0.5mg (29.3%), Vitamin A: 1094.63IU (21.89%), Vitamin B1: 0.32mg (21.39%), Magnesium: 74.47mg (18.62%), Copper: 0.28mg (13.78%), Vitamin E: 1.76mg (11.73%), Vitamin B5: 1.09mg (10.89%), Manganese: 0.2mg (9.91%), Vitamin C: 8.11mg (9.83%), Folate: 37.54µg (9.39%), Fiber: 1.9g (7.61%), Vitamin K: 7.19µg (6.85%), Calcium: 39.24mg (3.92%)