



## Poached Brisket of Beef with Salsa Verde

 Dairy Free

READY IN



300 min.

SERVINGS



8

CALORIES



545 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 8 fillet anchovy minced
- ☐ 2 bay leaves
- ☐ 3 pounds brisket (also called deckle cut or tip)
- ☐ 8 servings brisket
- ☐ 0.8 cup breadcrumbs soft crustless fine (from day-old bread, whirled in a food processor)
- ☐ 2 carrots cut into 1-in. chunks
- ☐ 2 rib celery stalks cut into 1-in. chunks
- ☐ 1 cup flat parsley minced

- ☐ 12 sprigs flat parsley
- ☐ 1 medium hardboiled eggs chopped fine
- ☐ 1 tablespoon kosher salt
- ☐ 8 servings kosher salt to taste
- ☐ 1 tablespoon juice of lemon
- ☐ 1 teaspoon lemon zest shredded finely
- ☐ 1 cup olive oil extra virgin extra-virgin
- ☐ 4 plum tomatoes canned
- ☐ 8 servings salsa verde
- ☐ 2 tablespoons salt-packed capers minced rinsed
- ☐ 2 tablespoons shallots minced
- ☐ 2 onion yellow peeled halved

## Equipment

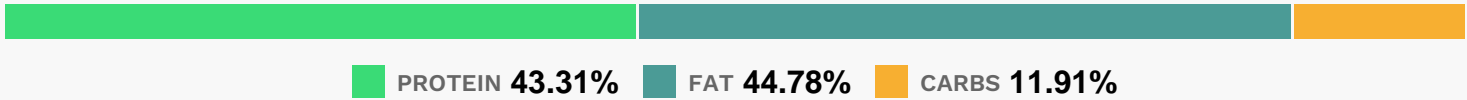
- ☐ bowl
- ☐ knife
- ☐ pot
- ☐ cutting board

## Directions

- ☐ Poach brisket: Trim excess fat from outside of brisket. Put meat in a large pot and add enough water to cover by 1 in. Bring to a simmer over medium heat, skimming any foam from surface.
- ☐ Add onions, celery, carrots, parsley, bay leaves, and tomatoes, crushing tomatoes between your fingers as you add them.
- ☐ Add salt. Cover partially and simmer gently until brisket feels tender when probed with a fork, 3 1/2 to 4 hours. Cool in broth, then chill overnight.
- ☐ Skim off any congealed fat. Reheat brisket in the broth over medium-low heat.
- ☐ Make salsa verde: In a bowl, combine oil, parsley, anchovies, shallots, capers, and lemon zest and juice. Stir in bread crumbs and egg and season with salt.

- ☐
- Transfer brisket pieces to a cutting board. Using a very sharp knife, cut meat against the grain into 1/2-in.-thick slices, then into 2-in. pieces. Arrange pieces in a single layer on a platter and drizzle with a little of the hot broth to moisten them. Dollop salsa verde onto meat.
- ☐
- Serve immediately, with extra salsa on the side.
- ☐
- Make ahead: Brisket, up to 2 days through step Salsa, up to 4 hours, covered and chilled.

## Nutrition Facts



## Properties

Glycemic Index:29.73, Glycemic Load:1.56, Inflammation Score:-10, Nutrition Score:37.220000140045%

## Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Apigenin: 19.43mg, Apigenin: 19.43mg, Apigenin: 19.43mg, Apigenin: 19.43mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 1.39mg, Myricetin: 1.39mg, Myricetin: 1.39mg, Myricetin: 1.39mg Quercetin: 5.83mg, Quercetin: 5.83mg, Quercetin: 5.83mg, Quercetin: 5.83mg

## Nutrients (% of daily need)

Calories: 544.78kcal (27.24%), Fat: 26.37g (40.56%), Saturated Fat: 7.77g (48.55%), Carbohydrates: 15.78g (5.26%), Net Carbohydrates: 13.64g (4.96%), Sugar: 5.74g (6.37%), Cholesterol: 183.87mg (61.29%), Sodium: 1883.59mg (81.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 57.39g (114.77%), Vitamin K: 159.52µg (151.93%), Vitamin B12: 6.33µg (105.47%), Zinc: 11.52mg (76.83%), Vitamin A: 3802.11IU (76.04%), Selenium: 47.97µg (68.53%), Vitamin B6: 1.19mg (59.72%), Vitamin B3: 11.78mg (58.9%), Phosphorus: 574.9mg (57.49%), Iron: 6.42mg (35.67%), Potassium: 1173.84mg (33.54%), Vitamin B2: 0.55mg (32.29%), Vitamin B1: 0.4mg (26.89%), Vitamin C: 21.64mg (26.22%), Magnesium: 78.54mg (19.64%), Folate: 59.65µg (14.91%), Copper: 0.29mg (14.61%), Vitamin E: 2.04mg (13.57%), Manganese: 0.25mg (12.64%), Vitamin B5: 1.21mg (12.12%), Fiber: 2.14g (8.57%), Calcium: 69.56mg (6.96%)