



Pot-roasted beef brisket

 Popular

READY IN



215 min.

SERVINGS



6

CALORIES



523 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 kg brisket
- ☐ 5 tbsp vegetable oil
- ☐ 1 large knob butter
- ☐ 2 large onion halved sliced
- ☐ 2 celery stalks finely chopped
- ☐ 2 carrots sliced
- ☐ 200 g mushrooms
- ☐ 500 ml ale

- ☐ 3 thyme sprigs fresh
- ☐ 2 bay leaves
- ☐ 1 tsp g muscovado sugar light
- ☐ 500 g parsnips cut into wedges
- ☐ 1 tbsp dijon mustard
- ☐ 6 servings parsley fresh chopped

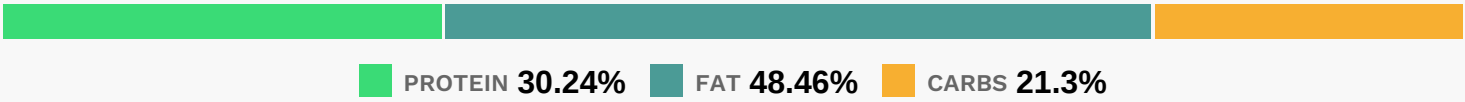
Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ aluminum foil
- ☐ slotted spoon

Directions

- ☐ Preheat the oven to 190C/Gas 5/fan oven 170C. Wash and dry brisket and season.
- ☐ Heat 2 tablespoons of oil in a deep casserole and brown beef all over.
- ☐ Remove from pan. Turn down heat, add butter and fry the onions, celery, carrots and mushroom stalks for 6–8 minutes. Return beef to pan and add beer, thyme, bay leaves and sugar.
- ☐ Add water if necessary so the liquid comes about two-thirds up the beef. Season, bring to a simmer, cover tightly, and cook in the oven for 20 minutes. Reduce heat to 160C/Gas 3/fan oven 140C and cook for 2 hours, turning twice, until tender. An hour before the beef is done, toss the parsnips in oil, season and roast on a baking tray above the beef for 50 mins – 1 hr until tender, turning once. Turn oven up to 190C/Gas 5/fan oven 170C. Lift out the beef, tent with foil and keep warm. Stir the parsnips and mushroom caps into the beef juices. Check seasoning; add water if needed. Cover and cook in the oven for 20–25 minutes until mushrooms are tender. To serve, use a slotted spoon to remove vegetables and arrange round the beef. Spoon off the excess fat from the juices, then whisk in the mustard and pour into a jug. Moisten the beef with a little juice and scatter with parsley or thyme.

Nutrition Facts



Properties

Glycemic Index:64.89, Glycemic Load:8.86, Inflammation Score:-10, Nutrition Score:34.479565016601%

Flavonoids

Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Apigenin: 8.67mg, Apigenin: 8.67mg, Apigenin: 8.67mg, Apigenin: 8.67mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg Kaempferol: 1.11mg, Kaempferol: 1.11mg, Kaempferol: 1.11mg, Kaempferol: 1.11mg Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg Quercetin: 11.05mg, Quercetin: 11.05mg, Quercetin: 11.05mg, Quercetin: 11.05mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 523.32kcal (26.17%), Fat: 27.05g (41.61%), Saturated Fat: 7.95g (49.66%), Carbohydrates: 26.75g (8.92%), Net Carbohydrates: 20.57g (7.48%), Sugar: 8.35g (9.28%), Cholesterol: 110.86mg (36.95%), Sodium: 214.54mg (9.33%), Alcohol: 3.24g (100%), Alcohol %: 0.89% (100%), Protein: 37.98g (75.96%), Vitamin K: 110.92µg (105.63%), Vitamin A: 3855.89IU (77.12%), Vitamin B12: 4.09µg (68.1%), Zinc: 8.06mg (53.76%), Selenium: 33.6µg (48.01%), Vitamin B6: 0.94mg (47.25%), Phosphorus: 462.86mg (46.29%), Vitamin B3: 9.12mg (45.6%), Potassium: 1163.16mg (33.23%), Manganese: 0.64mg (31.79%), Vitamin C: 25.95mg (31.46%), Vitamin B2: 0.52mg (30.3%), Fiber: 6.18g (24.7%), Iron: 4.44mg (24.67%), Folate: 98.65µg (24.66%), Vitamin B1: 0.32mg (21.21%), Magnesium: 82.23mg (20.56%), Vitamin E: 2.97mg (19.82%), Copper: 0.38mg (19.18%), Vitamin B5: 1.77mg (17.67%), Calcium: 72.08mg (7.21%)