



Spice and Herb Oven-Braised Brisket

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



621 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bay leaves
- 4 pound brisket cut in half widthwise
- 1 teaspoon pepper black freshly ground
- 14 ounce canned tomatoes whole canned
- 0.3 cup apple cider vinegar
- 12 medium garlic clove crushed peeled
- 2 teaspoons garlic powder
- 1 tablespoon paprika

- 2 tablespoons kosher salt
- 6 tablespoons brown sugar light packed
- 2 tablespoons olive oil
- 12 inch rosemary leaves fresh
- 2 tablespoons tomato paste
- 2 cups water
- 2 medium onion yellow

Equipment

- bowl
- oven
- pot
- dutch oven
- cutting board

Directions

- Heat the oven to 325°F and arrange a rack in the middle.
- Place the salt, paprika, garlic powder, and pepper in a small bowl and stir to combine. Rub the brisket pieces all over with the seasoning mixture; set aside.
- Place the oil in a 6-quart Dutch oven or a large, heavy-bottomed pot with a tightfitting lid and heat over medium high until shimmering.
- Add 1 piece of the brisket and cook until browned on both sides, about 10 minutes total.
- Remove to a plate and repeat with the second piece of meat.Reduce the heat to medium; add the onions, garlic, and brown sugar; and sauté until the onions are softened and starting to caramelize, about 12 minutes.
- Add the tomato paste, stir to coat the onions, and cook until the paste is no longer raw-tasting, about 2 minutes.
- Add the remaining ingredients and stir to incorporate. Increase the heat to high and bring the mixture to a boil.Return the brisket to the pot, fat side up (it's OK if the pieces overlap), cover, and braise in the oven for 1 hour.

- Remove from the oven and rotate the meat from bottom to top, keeping the fat side up (or fit the pieces side by side if possible). Cover, return the pot to the oven, and braise until the brisket is fork tender, about 1 1/2 to 2 hours more.
- Remove the brisket from the oven, uncover, and let cool in the braising liquid until the sauce is just warm, about 1 hour. Cover and refrigerate overnight.
- Heat the oven to 325°F and arrange a rack in the middle.
- Remove the brisket to a cutting board and slice off the excess fat. Using a spoon, scrape away the hardened layer of fat on the surface of the sauce.
- Remove the rosemary branches and bay leaf and discard. Slice the brisket against the grain into 1/2-inch-thick pieces and return the slices to the sauce. Cover the pot and place it in the oven until the brisket is warmed through, about 45 minutes.
- Serve on a platter with the sauce either on the side or spooned over the meat.

Nutrition Facts

PROTEIN 42.58% **FAT 40.63%** **CARBS 16.79%**

Properties

Glycemic Index:38.67, Glycemic Load:3.17, Inflammation Score:-9, Nutrition Score:35.194782547329%

Flavonoids

Naringenin: 1.26mg, Naringenin: 1.26mg, Naringenin: 1.26mg, Naringenin: 1.26mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 7.55mg, Quercetin: 7.55mg, Quercetin: 7.55mg, Quercetin: 7.55mg

Nutrients (% of daily need)

Calories: 620.95kcal (31.05%), Fat: 27.7g (42.61%), Saturated Fat: 8.71g (54.41%), Carbohydrates: 25.74g (8.58%), Net Carbohydrates: 22.21g (8.08%), Sugar: 17g (18.89%), Cholesterol: 187.48mg (62.49%), Sodium: 2706.99mg (117.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 65.31g (130.61%), Vitamin B12: 7.35µg (122.47%), Zinc: 13.53mg (90.21%), Vitamin B6: 1.56mg (78.2%), Selenium: 51.8µg (74%), Phosphorus: 666.2mg (66.62%), Vitamin B3: 13.16mg (65.8%), Iron: 7.84mg (43.53%), Potassium: 1424.13mg (40.69%), Vitamin B2: 0.6mg (35.13%), Vitamin B1: 0.39mg (26.3%), Magnesium: 100.67mg (25.17%), Manganese: 0.49mg (24.33%), Copper: 0.47mg (23.45%), Vitamin E: 3.06mg (20.38%), Vitamin A: 950.85IU (19.02%), Vitamin C: 12.98mg (15.73%), Vitamin B5: 1.43mg (14.29%), Fiber: 3.53g (14.11%), Vitamin K: 12.59µg (11.99%), Folate: 44.34µg (11.08%), Calcium: 94.51mg (9.45%)