



## Spiced Brisket with Leeks and Dried Apricots

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



894 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 24 apricot dried whole divided
- ☐ 2 teaspoons kosher salt
- ☐ 2 cups wine dry red
- ☐ 4.5 pound flat parsely (first-cut)
- ☐ 8 servings cilantro leaves fresh chopped
- ☐ 6 sprigs thyme sprigs fresh
- ☐ 10 garlic clove peeled
- ☐ 1 teaspoon ground cinnamon

- ☐ 1 teaspoon ground coriander
- ☐ 1 teaspoon ground cumin
- ☐ 0.3 teaspoon nutmeg
- ☐ 1 teaspoon pepper black
- ☐ 2.5 tablespoons honey
- ☐ 2 medium leek white green sliced ( and pale parts only)
- ☐ 1 tablespoon matzo meal
- ☐ 2 tablespoons olive oil extra virgin extra-virgin
- ☐ 1 medium onion chopped
- ☐ 2 turkish bay leaf

## Equipment

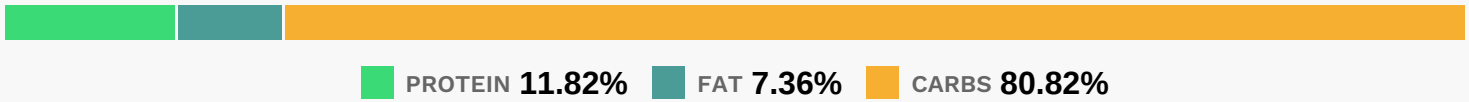
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ roasting pan
- ☐ aluminum foil
- ☐ broiler
- ☐ measuring cup
- ☐ glass baking pan

## Directions

- ☐ Stir first 8 ingredients in small bowl. Arrange brisket in large roasting pan; spread spice mixture evenly over both sides. Cover and refrigerate overnight.
- ☐ Preheat broiler. Uncover brisket. Broil until brown, about 5 minutes per side. Turn brisket fat side up in pan.
- ☐ Set oven temperature to 325°F.
- ☐ Sprinkle leeks, onion, 12 apricots, garlic, thyme, and bay leaves around brisket.

- ☐ Pour wine over. Cover pan with heavy-duty foil and bake brisket until tender, about 2 1/2 hours. Uncover; cool 1 1/2 hours.
- ☐ Transfer brisket to work surface.
- ☐ Pour juices into large measuring cup. Spoon off fat, reserving 1 tablespoon. Thinly slice brisket across grain on slight diagonal; overlap slices in 15x10x2-inch glass baking dish. Spoon 1 cup degreased pan juices over brisket; cover with foil. Stir reserved 1 tablespoon fat and matzo cake meal in medium saucepan over medium heat 3 minutes.
- ☐ Add remaining degreased pan juices; add remaining 12 apricots. Simmer until sauce thickens and boils, stirring occasionally, about 3 minutes. Season to taste with salt and pepper. (Can be made 2 days ahead. Cover brisket and sauce separately and chill.) Rewarm covered brisket in 350°F oven 30 minutes or 45 minutes if chilled. Rewarm sauce over low heat.
- ☐ Sprinkle brisket with cilantro and serve with sauce.
- ☐ Kosher-for-Passover products and ingredients are available seasonally in supermarkets.

## Nutrition Facts



## Properties

Glycemic Index:57.58, Glycemic Load:141.26, Inflammation Score:-9, Nutrition Score:21.206086822178%

## Flavonoids

Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 3.28mg, Quercetin: 3.28mg, Quercetin: 3.28mg, Quercetin: 3.28mg

## Nutrients (% of daily need)

Calories: 893.89kcal (44.69%), Fat: 6.95g (10.69%), Saturated Fat: 0.96g (6.02%), Carbohydrates: 171.68g (57.23%), Net Carbohydrates: 163.1g (59.31%), Sugar: 19.73g (21.92%), Cholesterol: 0mg (0%), Sodium: 1958.03mg (85.13%), Alcohol: 6.3g (100%), Alcohol %: 2.03% (100%), Protein: 25.1g (50.21%), Manganese: 1.59mg (79.59%), Vitamin B1: 0.72mg (48%), Fiber: 8.58g (34.33%), Vitamin B3: 6.31mg (31.57%), Iron: 5.26mg (29.22%), Phosphorus:

287.25mg (28.72%), Copper: 0.57mg (28.59%), Calcium: 267.79mg (26.78%), Vitamin A: 1285.75IU (25.72%), Magnesium: 86.71mg (21.68%), Folate: 81.52µg (20.38%), Potassium: 682.18mg (19.49%), Vitamin B2: 0.29mg (17.17%), Zinc: 2.4mg (16.02%), Vitamin K: 14.24µg (13.56%), Vitamin B5: 1.23mg (12.25%), Vitamin B6: 0.24mg (12.22%), Vitamin E: 1.77mg (11.82%), Vitamin C: 6.45mg (7.82%), Selenium: 1.97µg (2.81%)