



Sweet-and-Sour Brisket with Shallots and New Potatoes



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



965 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 large dates pitted soft (such as Medjool)
- ☐ 4.8 pound flat parsely trimmed (also called first-cut)
- ☐ 4 large garlic clove peeled
- ☐ 0.5 teaspoon ground cloves
- ☐ 2.5 cups chicken broth
- ☐ 5 tablespoons olive oil divided
- ☐ 2 pounds onion thinly sliced

- ☐ 1.5 cups orange juice
- ☐ 16 inch potatoes – remove skin scrubbed
- ☐ 16 large shallots peeled
- ☐ 1.5 cups canned tomatoes canned

Equipment

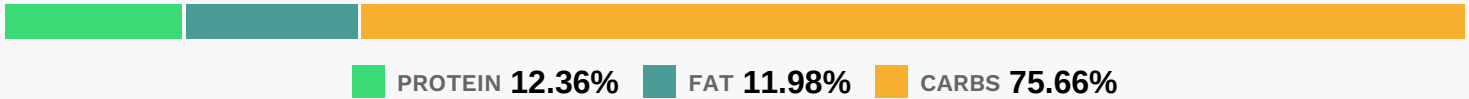
- ☐ bowl
- ☐ oven
- ☐ pot
- ☐ blender
- ☐ glass baking pan

Directions

- ☐ Preheat oven to 300°F. Puree first 4 ingredients in blender until smooth.
- ☐ Heat 3 tablespoons oil in large wide ovenproof pot over medium-high heat.
- ☐ Add onions and whole shallots. Sauté until onions are deep golden and shallots begin to brown, about 20 minutes.
- ☐ Transfer shallots to small bowl; reserve.
- ☐ Add chicken broth to onions; bring to boil, scraping up browned bits.
- ☐ Pour onion mixture into large bowl.
- ☐ Add 2 tablespoons oil to same pot.
- ☐ Sprinkle brisket on all sides with salt and pepper.
- ☐ Add to pot and brown well, about 5 minutes per side. Turn brisket fat side up. Return onion mixture to pot.
- ☐ Add tomato puree and orange juice mixture. Bring to boil, stirring to blend sauce.
- ☐ Cover pot; bake brisket 2 hours.
- ☐ Add shallots and potatoes. Cover; bake 1 hour. Uncover; bake until brisket is tender, occasionally spooning sauce over, about 1 hour longer.
- ☐ Let rest 30 minutes. (Can be made 2 days ahead. Chill uncovered until cold, then cover and keep chilled.)

- ☐
- Scrape sauce off brisket.
- ☐
- Transfer brisket to work surface; slice thinly across grain, trimming any fat, if desired. Overlap hot slices on platter or cold slices in 13x9x2-inch glass baking dish. Surround with shallots and potatoes. Rewarm sauce. Spoon some sauce over. Rewarm brisket, if necessary, in 350°F oven until heated through.
- ☐
- Serve, passing remaining sauce separately.

Nutrition Facts



Properties

Glycemic Index:40.75, Glycemic Load:149.2, Inflammation Score:-8, Nutrition Score:26.797825802927%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 5.56mg, Hesperetin: 5.56mg, Hesperetin: 5.56mg, Hesperetin: 5.56mg Naringenin: 1mg, Naringenin: 1mg, Naringenin: 1mg, Naringenin: 1mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 23.24mg, Quercetin: 23.24mg, Quercetin: 23.24mg, Quercetin: 23.24mg

Nutrients (% of daily need)

Calories: 965.06kcal (48.25%), Fat: 12.86g (19.78%), Saturated Fat: 1.88g (11.76%), Carbohydrates: 182.7g (60.9%), Net Carbohydrates: 171.78g (62.47%), Sugar: 17.6g (19.55%), Cholesterol: 0mg (0%), Sodium: 1538.36mg (66.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.86g (59.71%), Manganese: 1.8mg (89.81%), Vitamin B1: 0.89mg (59.11%), Vitamin C: 40.74mg (49.38%), Fiber: 10.92g (43.67%), Vitamin B3: 7.88mg (39.39%), Phosphorus: 376.91mg (37.69%), Copper: 0.7mg (35.13%), Folate: 124.85µg (31.21%), Iron: 5.62mg (31.21%), Calcium: 305.5mg (30.55%), Potassium: 1004.31mg (28.69%), Magnesium: 110.49mg (27.62%), Vitamin B6: 0.53mg (26.46%), Vitamin B2: 0.37mg (21.64%), Zinc: 2.92mg (19.5%), Vitamin B5: 1.62mg (16.18%), Vitamin E: 1.9mg (12.69%), Vitamin K: 9.04µg (8.61%), Vitamin A: 195.95IU (3.92%), Selenium: 1.86µg (2.66%), Vitamin B12: 0.07µg (1.23%)