

# Braised Beef Brisket

Serves: 6 | Prep: 30 min | Cook: 3 hr 30 min

This recipe uses 2 different oven temperatures to assure that the meat is tender and juicy

## Ingredients

- 1 4-5 pound FLAT brisket
- 2 tablespoons olive oil
- 2 medium onions diced
- ¼ teaspoon baking soda
- 6 cloves garlic minced
- 1 tablespoon tomato paste
- 1 ½ teaspoons cardamom
- ¼ teaspoon black pepper
- 2 cups red wine
- 1 ½ cups chicken broth
- 1 tablespoon flour
- 3 tablespoons butter
- 2 tablespoons beef gelatin

## Notes

Adaptation from America's Test Kitchen Recipe - their recipe used pomegranate juice in place of the wine. Note that this will add sugar to the recipe. If using pomegranate juice, you can garnish the finished roast with a few pomegranate seeds and a bit of chopped cilantro for added color contrast.



## Method

1. liberally salt the brisket on all sides with about 5 teaspoons coarse kosher salt. This changes the protein in the meat. Wrap tightly in plastic wrap and refrigerate for a MINIMUM of 16 hours and up to 72 hours.
2. Preheat oven to 325°. In a large roasting pan, add olive oil, onions and baking soda (the baking soda helps to tenderize the onions and help them caramelize more quickly (about 5 minutes)
3. Add the cardamom, pepper, and tomato paste. Sauté to release the flavors of the spice and tomato. Add garlic and stir for about 1-2 minutes (DO NOT allow garlic to burn - it will turn bitter).
4. Sprinkle flour over the mixture and stir to cook out the flour flavor. This small amount will help the sauce thicken in the end.
5. Add wine and chicken stock. Bring to a rolling boil for 3-4 minutes.
6. Trim the extra fat from the brisket leaving only about 1/4 inch of fat. Gently place the brisket in the roasting pan fat side up. Liquid should reach approximately halfway up. Tightly cover.
7. Place covered pan in the oven and bake at 325°F for 1 1/2 hours. Then reduce the oven temperature to 250°F and braise for an additional 1 1/2 to 2 hours. Test for doneness by piercing a fork. If the meat lifts slightly, but slides off the fork, it is ready.
8. Remove the brisket and rest loosely covered for about 10-15 minutes.
9. Pour the braising liquid into a skillet and set on medium-high heat, stirring occasionally until reduced by half and becomes a thick, glossy sauce. Add the butter to add depth and gloss. Squeeze in the juice of 1/2 a lemon to brighten the flavor.
10. Slice the meat with a very sharp knife against the grain (slicing WITH the grain will make the cuts chewy and tough). Serve with some sauce on the meat.