

Brisket with Vegetables and Dried Fruit

Recipe By *Sandra Blank*



Cooking and Prep:  3.5 h

Serves:  8

No Allergens

Preference: Meat

Difficulty: Medium

Occasion: Passover, Rosh
Hashanah

Diet: Gluten Free, Low Carb

Source: Whisk by Ami

Magazine

Ingredients (15)

Main ingredients

- 2 tablespoons olive oil
- 4 onions, sliced
- 3 cloves garlic, chopped or 3 cubes **Gefen Frozen Garlic**
- 4-6 pounds beef brisket

- 1 and 1/2 cups **Alfasi Cabernet Sauvignon** or other red wine
- 2 tablespoons dry onion soup mix (use gluten free soup mix, if needed)
- 2 tablespoons **Tuscanini Tomato Paste**
- 2 tablespoons brown sugar
- 1/4 cup water
- 2 carrots, peeled and cut into 1 and 1/2 inch pieces
- 2 parsnips, peeled and cut into 1 and 1/2 inch pieces
- 1/2 cup dried apricots
- 1/2 cup pitted prunes
- 1/4 cup chopped fresh parsley

Sommelier Suggests

- Tabor Adama Shiraz**
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Start Cooking

Prepare the Brisket

1. Preheat oven to 500 degrees Fahrenheit.
2. Heat oil in a skillet over medium-high heat. Add onions and garlic; sauté 15 minutes or until lightly browned.
3. Spoon onions into the bottom of a large roasting pan; add brisket, fat side up. Pour wine over meat, cover, and bake 30 minutes.
4. Combine soup mix, tomato paste, brown sugar, and water in a small bowl; pour over meat. Arrange carrots, parsnips, apricots, and prunes around meat.
5. Reduce oven temperature to 325 degrees Fahrenheit. Bake two and half to three hours, covered, or until brisket is very tender.
6. Remove from oven and let stand 20 minutes. Remove brisket from pan and slice thinly across the grain. Arrange meat sliced on a platter; spoon fruit and vegetables around brisket.
- 7.

Skim fat from pan drippings and spoon sauce over meat; sprinkle with parsley.

Note:

Brisket may be prepared two days ahead. Cover and refrigerate unsliced brisket. To serve, slice thinly and place in roasting pan. Remove solid fat from sauce and spoon over slices. Cover and bake at 325 degrees Fahrenheit for 30 minutes or until meat is thoroughly heated.