

Tamari French Roast or Brisket

Recipe By *Esther Deutsch*



Cooking and Prep:  8 h

Serves:  8

Contains: 

Preference: Meat

Difficulty: Easy

Occasion: Rosh Hashanah

Diet: Gluten Free, Low Carb

Source: Whisk by Ami

Magazine

Ingredients (10)

Main ingredients

- 4 pound French roast or brisket
- 6 cloves garlic, minced or 6 cubes **Gefen Frozen Garlic**
- 1 onion, sliced
- 5 tablespoons tamari sauce
- 1/2 cup packed brown sugar

- 1/2 cup Thai sweet chili sauce
- 3/4 cup Coca-Cola
- 2 tablespoons lime juice
- 8 ounces **Gefen BBQ Sauce** or other barbecue sauce

Sommelier Suggests

- Shiloh Mosaic**
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Start Cooking

Prepare the Roast

1. Place the roast in a slow cooker. In a small bowl, combine all the remaining ingredients except for the barbecue sauce and pour over the roast.
2. Cook on high for one hour. Reduce the heat to low and cook until fork-tender, about six to eight hours longer.
3. About one and half hours before the end of the cooking time, pour the barbecue sauce over the roast. Raise the heat to high and cook for another hour.
4. To prepare the roast in the oven: Preheat the oven to 375 degrees Fahrenheit. Place the roast in baking pan. In a small bowl, combine all the remaining ingredients, including the barbecue sauce, and pour the sauce over the roast. Bake, tightly covered, until the meat is fork-tender, about three to three and a half hours
5. Let the roast chill before slicing. Thinly slice the roast against the grain and reheat as needed. Serve warm.

Note:

Cooking this roast in a slow cooker renders this cut superlatively tender and flavorful. The roast cooks all day while you get to do other things. But if you prefer an oven roast, it's just as flavorful prepared in an oven; it doesn't have to be cooked in a slow cooker.

Leftovers make for a fabulous pulled-brisket sandwich. Use two forks to pull apart and shred the meat, then mix with some extra gravy and sandwich between fresh bread, warm tortillas, or tacos.

Tamari, a featured ingredient in this recipe, is very similar to soy sauce and they are essentially interchangeable. The only difference is that tamari sauce is gentler and less salty than soy sauce, and is also wheat-free, making tamari sauce a good option for a gluten-free diet.

Variation:

These ingredients are equally good with skirt steak. Just omit the tamari sauce, since skirt steak is naturally salty. To prepare the skirt steak: section three pounds of skirt steak into nine equal pieces and place in a baking pan. Combine all the sauce ingredients (including the barbecue sauce), except for the tamari. Pour the sauce over the skirt steak and bake, covered, at 375 degrees Fahrenheit until fork-tender, about two to three hours.