

Winning with Wine Brisket

Recipe By *Estee Kafra*



Cooking and Prep:  2
h 50 m

Serves:  10

Contains:  

Preference: Meat

Difficulty: Medium

Occasion: Rosh Hashanah,
Sukkot

Source: Family Table by
Mishpacha Magazine

My favorite cut of meat for this recipe is what my butcher calls the “New York roast,” but I often use a double brisket as well. The double brisket is a bit fattier, and as always, whether we like it or not, fat adds flavor.

Ingredients (13)

Main ingredients

- 2 tablespoons oil
- 4 pounds (2 kilograms) double brisket
- 6 – 8 large onions, sliced
- 6 cloves garlic, coarsely chopped
- 4 tablespoons blending flour, divided (see note)

- 2 cups **Alfasi Cabernet Sauvignon** (or other dry red wine) or semisweet red wine
- 2 – 3 bay leaves
- 1 – 2 tablespoons brown sugar, depending on the sweetness of the wine
- oil for rubbing, about 2 tablespoons
- 1 tablespoon dry mustard
- freshly ground **Gefen Black Pepper**, to taste
- Haddar Kosher Salt**, to taste

Sommelier Suggests

- Flechas de Los Andes Gran Malbec**
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Start Cooking

Make the Meat

1. Preheat oven to 325 degrees Fahrenheit (160 degrees Celsius).
2. In a large Dutch oven, set over medium-high flame, heat two tablespoons oil. Add the brisket and brown on both sides for three to four minutes each side. Remove meat and set aside.
3. Remove the Dutch oven from the heat and arrange onions and garlic along the bottom. Add three tablespoons blending flour. Mix to coat. Add the wine, bay leaves, and brown sugar if using.
4. Combine the mustard powder and remaining one tablespoon flour in a small bowl. Rub the top and sides of the meat with the flour combination and cover with the oil, smearing it onto the meat to create a paste. Sprinkle generously with freshly ground black pepper and season generously with kosher salt.
5. Cover and bake for about one and a half hours. When done, remove the bay leaves. Allow the meat to cool to room temperature and then refrigerate overnight, or until thoroughly cool. Skim off the fat if desired.
6. Slice the meat to desired thickness, cutting against the grain to ensure nice, even pieces. Spread the gravy completely over the meat before reheating. Reheat in a 300 degrees Fahrenheit (150 degrees Celsius) oven for at least one hour, and up to two hours.

Note: Blending flour is sold in the flour section of most major supermarkets. It's finer than regular flour, so it doesn't clump as much. If you don't have blending flour on hand, all-purpose flour can be used instead.

Tip: This meat freezes well. Make sure it's fully defrosted before warming.