

TRADITIONAL BRISKET

INGREDIENTS

- 4 T Healthy oil (divided)
- 4 lb Brisket
- 1/2 t Black pepper
- 2 cloves Garlic (minced)
- 2 T Tomato paste
- 2 Onions (sliced thick)
- 2 Bay leaves
- Non-stick cooking spray



DIRECTIONS

- 1 Season the brisket with 2 T oil, black pepper, garlic & tomato paste
- 2 Spray non-stick cooking spray on the bottom & sides
- 3 Place 2 T oil in the pot & heat at medium-high
- 4 Place the brisket in the pot & cook until the surface is a rich brown color but not burnt
- 5 Lift the roast & scatter onions in the pan
- 6 Place the uncooked side of the roast down onto the onions
- 7 Repeat the browning process
- 8 Add the bay leaves to the pan & fill with enough water to cover 9/10 of the meat
- 9 Bring to a simmer & then reduce the heat to cover
- 10 Cover the pot with a lid or tight foil
- 11 Simmer for 4 hours turning the roast over once after 2 hours
- 12 The roast should be 'fork' tender
- 13 Remove the roast from the pot & bring the broth in the to a simmer
- 14 Scrape the bottom of the pot to loosen any 'browned' bits.
- 15 Cook until reduced to a thin gravy & remove the bay leaves
- 16 Taste & add additional seasoning if necessary

NOTES

- 1 Beef is heavily salted in the kashering process so usually no added salt is necessary
- 2 Some like to reduce the water & add a red 'beefy' wine to make it almost cover the meat