



Weinberg Village Assisted Living Residences
Sylvan & Jean Orloff Memory Support Unit

Beef Brisket

- Meat
- Time > 60 Minutes
- Health & Allergies: Gluten-Free

Ingredients

- 2 large Spanish onions
- 3 medium carrots
- 1 large parsnip
- 5 lb. second-cut brisket
- Salt
- 1 cup dry red wine

Directions

1. Slice the onions into thin half-rounds. Place half in the bottom of a baking dish (I prefer glass or ceramic).
2. Shred the carrots and parsnip. You can use a food processor or blender. Smaller pieces are better. You want approximately equal amounts of carrot and parsnip, so adjust your amounts accordingly (sizes vary).
3. Pat the brisket dry and sprinkle with salt on all sides. Press the shredded carrot and parsnip into the meat as if you were encrusting or breading it. Carefully (so the carrot and parsnip doesn't fall off) place the piece of meat, fat side up, on top of the onions. Cover with the remaining onions.
4. Pour the wine in slowly, cover the pan tightly with foil, and place in the oven.

5. Cook at 400°F for 1 hour. Reduce temperature to 250°F and cook for an additional 2-3 hours. Time will vary depending on the thickness of your meat, your oven, and the type of pan you use. You're looking for "fork tender" which means the meat gives no resistance when you poke a fork into it.
6. Refrigerate overnight. Slice thinly against the grain and return to the sauce. Reheat in the oven or stovetop. Freezes well, or stays good in the fridge for 4-5 days.

