

# BRISKET

*by Guest Contributor*

Source: "Jewish Cooking in America" - by Joan Nathan

2 tsp - Salt  
Freshly ground pepper to taste  
1 5-lb - Brisket of beef, shoulder roast of beef, chuck roast, or end of steak  
1 - Garlic clove peeled  
2 Tbs. - Vegetable oil  
3 - Onions, peeled and diced  
1-10 ounce can - Tomatoes  
2 cups - Red wine  
2 stalks - Celery with leaves, chopped  
1 - Bay leaf  
1 sprig - Fresh thyme  
1 sprig - Fresh rosemary  
1/4 cup - Chopped parsley  
6 to 8 - carrots, peeled and sliced on the diagonal

- 1.** Sprinkle the salt and pepper over the brisket and rub with the garlic. Sear the brisket in the oil and then place, fat side up, on top of the onions in a large casserole. Cover with the tomatoes, red wine, celery, bay leaf, thyme, and rosemary.
- 2.** Cover and bake in a preheated 325-degree oven for about 3 hours, basting often with pan juices.
- 3.** Add the parsley and carrots and bake, uncovered, for about 30 minutes more or until carrots are cooked. To test for doneness, stick a fork in the flat (thinner or leaner end of the brisket). When there is a light pull on the fork as it is removed from the meat, it is "fork tender."
- 4.** This dish is best prepared in advanced and refrigerated so that the fat can be easily skimmed from the surface of the gravy. Trim off all the visible fat from the cold brisket. Then place the brisket, on what was the fat side down, on a cutting board. Look for the grain—that is, the muscle lines of the brisket—and with a sharp knife, cut across the grain.
- 5.** When ready to serve, reheat the gravy.
- 6.** Put the sliced brisket in a roasting pan. Pour the hot gravy on the meat, cover, and reheat in a preheated 350-degree oven for 45 minutes. Some people like to strain the gravy, but I prefer to keep the onions because they are so delicious.

