

Enjoy this beef brisket with vegetables dish

By Jerry Marlowe
Special to the T-R

Dear kind readers. I owe a great big apology to all you wonderful and devoted food lovers. I need to get you some more down to earth meat recipes. I've been sharing a lot of seafood recipes.

So even though we in our family do love that wonderful type of sustenance it is time to get some hearty beef recipes into our bodies. So here we go.

Please bear with me. Wait a minute, we are not cooking bear today. I just hope you will try the following very edible Braised Beef Brisket with savory vegetables.

My daughter Chris and her husband Henry arrived for the weekend with an already prepared and delicious Braised Brisket and Vegetable masterpiece.

The aroma was alluring and the flavors of each bite something to remember.

Don't be hesitant to accompany it with some great favorite libation such as beer or ale or a

non-alcoholic beverage of your choice such as apple cider or fresh lemonade.

And away we go as that incredible comedian Jackie Leonard used to open his great show with.

A BEEF BRISKET WITH ASSORTED VEGETABLES

Gather the following: You will need around a 6 or 8 pounds of braised corn beef brisket ... and have the butcher trim it a bit. Try to negotiate with your favorite butcher to get a corned one if possible.

Here we go : Kosher salt and grind some nice black pepper, about a tbs of olive oil, cut up two to four onions in chunks, four big carrots sliced into 2-inch chunks, three parsnips peeled and slice them into 2-inch chunks, about three cups of good beef broth, and a full cup of a good red wine, two tbs brown sugar, a couple tbs of good soy sauce (my daughter Chris likes to use coconut aminos if you can find it, six cloves of fresh garlic all chopped or smashed, one 4 ounce can of good tomato paste. Now a nice bunch of fresh rosemary and thyme. Also some fresh cilantro

like I grow. I still see it at the grocery, or call me if you can't find any.

Here are the directions: Preheat your oven to 300 degrees. S

eason the brisket all over with salt and pepper. Brown the brisket in a heavy skillet using olive oil.

It might need about six to eight minutes on each side.

Okay now put that brisket aside.

Now add your onions, carrots, parsnips, and cook for a couple of minutes — just till browned slightly. Put the brisket back into the pot.

Now add your broth, the wine, brown sugar, soy sauce, garlic and

rosemary and thyme around the brisket. Cover your pot and transfer it to the oven and cook until meat is tender. It may take about four or five hours, but keep checking it until meat is fork tender.

Now remove the brisket from the pot and cover to rest for 10 minutes. Remove the herbs from sauce and skim off any fat from the top.

Now slice your meat and return it to the pot to warm it up.

You can now serve it with the broth and vegetables and enjoy your dinner.

I do hope you will enjoy this recipe as much as my family does.



Marlowe