

Braised Beef Brisket

Recipe created by Joyce Goldstein for Rosati Family Winery.
Pair with either 2003 or 2004 Rosati Cabernet Sauvignon.

INGREDIENTS

3-4 pound piece of brisket of beef, first cut preferred
3 tablespoons chicken fat or oil
½ teaspoon salt
1 teaspoon freshly ground black pepper
1 tablespoon sweet paprika or pimenton
3 large yellow onions, cut in medium dice
1 cup tomato puree
6 large carrots
1 pound mushrooms

DIRECTIONS

Sprinkle the brisket with salt, pepper and paprika. Melt half the fat in a large heavy sauce pan and brown the meat on both sides.

Melt the rest of the fat in a heavy Dutch oven and cook the onions until they are very tender and pale gold. Place the brisket atop the bed of onions and cover the pot. Lower the heat and simmer slowly over low heat for about an hour. The meat will give off quite a bit of juice. Add the tomato puree. Cover the pot again and simmer for another 15 to 20 minutes.

Peel the carrots and cut them into chunks. Add the carrots to the pot, cover and simmer for another half hour or longer, until the carrots are tender and easily pierced with a fork, but not falling apart. If the mushrooms are small, just trim the stem. If they are large, trim the stems and cut them in half. Add the mushrooms when the meat is tender and the carrots are almost done. Usually the mushrooms will take about ten minutes of cooking time, covered.

Remove the meat from the pan to a carving board and keep warm. Place the carrots and mushrooms on a platter or in a serving bowl. Adjust the seasoning of the pan juices. Add salt and pepper to taste. Transfer to gravy pitcher.

Slice the brisket across the grain. Serve with carrots and mushrooms, the pan juices, hot mustard and of course with potato latkes or mashed potatoes. The choice is yours. (Joyce Goldstein).

Serves 6.