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Braised Brisket and Roots

Prep Time: 15 mins

Cook Time: 5 h 10 mins

Total Time: 5 h 25 mins

Ingredients

- ❖ 1 tablespoon oil, canola
- ❖ 2 pounds beef, brisket, flat, first-cut, trimmed of fat
- ❖ 3 medium onion(s), halved and sliced
- ❖ 6 whole allspice berries, or pinch of ground allspice
- ❖ 2 teaspoon thyme, fresh, chopped
- ❖ 1 teaspoon paprika, sweet
- ❖ 1/2 teaspoon salt
- ❖ 1/2 teaspoon pepper, black ground
- ❖ 2 bay leaves
- ❖ 1 cup(s) vermouth, dry, or dry white wine
- ❖ 3 cup(s) broth, beef, fat-free, reduced-sodium
- ❖ 4 medium carrot(s), peeled
- ❖ 3 medium parsnips, peeled
- ❖ 1 medium rutabaga, peeled
- ❖ 1 teaspoon mustard, dijon-style
- ❖ 2 teaspoon arrowroot, or 1 tablespoon cornstarch
- ❖ 2 tablespoon water, (1-2 tablespoons as needed)



Preparation

1. Preheat oven to 325°F. Heat oil in a Dutch oven over medium-high heat. Add brisket and cook until browned, 3 to 5 minutes per side. Transfer to a large plate and set aside.
2. Add onions to the pot; cook, stirring frequently, until softened, about 2 minutes. Stir in allspice, thyme, paprika, salt, pepper and bay leaves, then pour in vermouth (or wine). Bring to a boil. Cook for 3 minutes.
3. Stir in broth and return the brisket to the pot along with any accumulated juices. Bring to a simmer. Cover, place in the oven and bake for 1 1/2 hours.
4. Meanwhile, cut carrots, parsnips and rutabaga into 2-by-1/2-inch sticks.
5. Transfer brisket to a plate. Using a slotted spoon, remove and discard bay leaves and allspice berries (if using). Stir mustard into the sauce. Add the carrots, parsnips and rutabaga. Return the brisket to the pot; cover and bake for 1 hour more.
6. Test vegetables and brisket for tenderness by piercing with the tip of a sharp knife. As they get done, transfer to a cutting board or platter, cover with foil and set aside. If necessary, continue to cook, testing for doneness every 20 minutes. Total cooking time for the brisket may range from 2 1/2 to 5 hours, depending on the particular piece of meat.
7. Skim fat from the sauce. Place the pot over high heat and bring to a boil. Cook for 5 minutes, stirring occasionally, to reduce and intensify flavors. Dissolve arrowroot in 1 tablespoon water (or cornstarch in 2 tablespoons water); add to the simmering sauce and cook, stirring constantly, just until thickened, about 10 seconds.
8. Slice the brisket thinly against the grain and arrange slices on a serving platter. Using a slotted spoon, mound the vegetables around the brisket. Spoon half the sauce over the meat and vegetables; pass remaining sauce separately.