



BRISKET WITH SWEET WHITE WINE

Ingredients

- 3 tablespoons extra virgin olive oil
- 2 to 3 pounds beef brisket or boneless beef chuck in one piece
- Salt and black pepper to taste
- 3 large or 4 medium onions, sliced
- 1 tablespoon minced garlic
- 2 or 3 medium carrots, cut into chunks
- 1 cup sweet white wine

Directions

Put 2 tablespoons of the oil in a large skillet or flameproof casserole with a lid and place over medium-high heat. Wait a minute or so and when oil is hot, add the beef and brown it well on both sides, about 10 minutes, adjusting the heat so the meat browns but does not burn. Sprinkle the meat with salt and pepper as it browns. Transfer the meat to a plate and reduce the heat to medium. Add the remaining oil and the vegetables to the pan; stir once, then cover. Cook for 10 to 15 minutes, stirring once or twice, until the onions are browned, dry and almost sticking to the pan. Uncover, then add the wine and stir. Add the meat and cover again. Adjust the heat so the mixture simmers steadily but not violently and cook until the meat is tender (this may be as short as 90 minutes or as long as 3 hours). Transfer the meat to a cutting board and let it rest for a couple of minutes. Taste and adjust the sauce seasoning; you should be able to taste the pepper. If the mixture is very thin (unlikely), boil it down for a few minutes as necessary. Carve the meat and serve it with the sauce spooned over it or cool and refrigerate the meat (uncarved) and sauce for up to a day before reheating gently.

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