

OVEN-BRAISED BRISKET
BY DOROTHY ZEHNDER
Extra notes from Dorothy in italics

3½ to 4-pound boneless beef brisket
1 cup chopped onion
½ cup sliced celery
¼ cup sliced carrot
⅛ cup chopped green pepper
¼ cup water
1 clove garlic, halved & minced
1 bay leaf
1 whole clove
⅛ tsp. seasoning (Chicken or All Purpose)
¼ tsp. paprika
Salt
Pepper
Parsley
½ cup Browned Flour – *Make extra and keep some extra on hand to thicken chicken gravy*
2 cups beef broth – *You may substitute chicken broth.*

Trim fat from meat, reserving some of the trimmings. In large skillet, heat some of the fat. Brown meat on both sides; remove from heat. Place in 12x7x2-inch baking dish. Add onion, celery, carrot, green pepper, water, garlic, bay leaf, clove, seasoning and paprika. Sprinkle with salt and pepper. Cover tightly with foil. Bake in 325 degree oven for 2 hours. Turn meat over and reduce oven temperature to 300 degrees for 1 hour.

Meanwhile, make Browned Flour: In medium saucepan, heat ½ cup all-purpose flour over medium-high heat, stirring constantly, till flour turns a dark beige color, about 10 minutes. Cool.

When meat is tender, remove to serving platter. Remove bay leaf and clove. Drain vegetables, reserving pan juices. Spoon vegetables over meat and keep warm. In saucepan, blend ¾ cup of broth and the Browned Flour. Measure pan juices. Add remaining broth, plus water if necessary to make 1 ½ cups liquid. Combine with flour mixture. Cook and stir till thickened and bubbly. Cook 2 minutes more. Serve gravy with meat and vegetables. Chop parsley and sprinkle over dish before serving. Makes 6-8 servings.

A variation from Dorothy – Brown beef brisket and then slide into a baking bag and season with ½ tsp. chicken seasoning, 2 Tbls. onion soup mix and garlic. I let set about a half hour before roasting. Then pour 1 ½ cups of beef broth into the bag along with the vegetables and place the entire bag in the 12x7x2 pan. Roast 3 – 4 hours starting at 325 degrees but check after 2 hours and turn down to 300 degrees. Check if tender during the last hour or continue at 275 degrees if needed. Turn bag every hour to ensure the entire brisket is exposed to juices in the bag. Finish recipe with the last paragraph listed above.