

Grass Fed Beef Brisket

Prep Time: 20 minutes Cook time: 4 to 5 hours Serving size: 4 to 6 servings

Ingredients

***2 to 4 pound Sweetwater Farm Brisket**

For the rub: (use half for a small brisket and all for a large brisket):

- 1 teaspoon sea salt
- 1 tablespoon sugar
- 2 teaspoons ground cumin
- 1 teaspoon freshly ground black pepper
- 1 teaspoon potent ground red pepper or smoked Spanish paprika. (I used generic ground red pepper)
- 1 teaspoon sweet paprika

For the brisket:

- 2 tablespoons extra-virgin olive oil
- 1/2 to 1 cup red wine (I used Merlot or cheap Cabernet)
- 1 to 3 onions, sliced (or what will fit with the meat and other ingredients)
- 1/2 to 1 cup beef stock
- 2 to 3 carrots, thickly sliced (or what will fit with the meat and other ingredients)
- 1/2 to 1 (14.5 - ounce) can whole or diced tomatoes
- 1/2 to 1 whole head garlic, cut in half, outer papery cover removed
- 1/4 to 1/2 pound dried apricots (or prunes.....this ingredient adds needed sweetness to counter the spicy rub)
- 3 to 6 sprigs fresh thyme

For the garnish:

- Minced fresh flat-leaf parsley

Directions:

1. Blot the meat dry and blend together the salt, sugar, cumin, ground black and red pepper, and paprika and rub the mixture over the dried meat.
2. Let the brisket rest on a rack to bring it to room temperature, about 1 hour. (I applied the rub the day before and refrigerated the meat, then allowed it to return to room

temperature for about an hour.)

3. Heat the oven to 275 degrees, then heat a large Dutch oven and add 1 tablespoon of the olive oil. When the oil has thinned and become fragrant, brown the meat well on both sides, fat side first, 3 to 5 minutes per side. It is ready to turn when it stops sticking to the pot.
4. Transfer the browned meat to a deep platter and deglaze the pot with the red wine, scraping up any browned bits. Cook the wine down by half and pour it over the meat on the platter--this take several minutes.
5. Wipe out the pot, add the remaining 1 tablespoon olive oil, and sweat the onions until they are soft, translucent, and just beginning to brown.
6. Deglaze the pot with a 1/2 cup of the stock, scraping with a wooden spatula. Return the meat and reduced wine to the pot, along with the remaining 1/2 cup stock, carrots, tomatoes, garlic, prunes, and thyme. Cover the pot and set it in the oven for 3 to 5 hours, turning the meat every half hour or so. The meat is done when it is meltingly soft and you feel no resistance if you pierce it with a skewer.
7. Remove the meat to a platter, and cook down the sauce if necessary. Cut the meat against the grain into thin slices. Top the slices with the sauce and garnish with a shower of parsley. Enjoy!

Source: Krasner, Deborah, Good Meats: The Complete Guide to Sourcing and Cooking Sustainable Meat