

## Montreal Spiced Braised Brisket

Serves: 8

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Use first or second cut, depending on your preference for a lean (first cut) or fattier (second cut) roast. You can also make this recipe with minute roast, top of rib roast or French roast.

- 1 (4-pound) brisket
- 2 tablespoons Montreal steak seasoning
- 2-3 tablespoons grapeseed or vegetable oil
- 2 Spanish onions, thinly sliced
- 1 teaspoon kosher salt
- 1 cup barbecue sauce
- ½ cup apricot preserves
- 1 cup beer

Preheat oven to 350°F.

Heat a large frying pan over medium-high heat.

Rub steak seasoning all over the brisket.

Add oil to pan and sear for 6-10 minutes per side, until golden brown.

Remove the brisket from frying pan and place in a 9x13 baking dish.

Add onions and salt to frying pan and lower heat to medium. Add more oil, if necessary.

Sauté for 15 minutes, until onions are softened and lightly golden brown. Add beer to the pan to deglaze and pick up all the flavorful bits on the bottom of the pan.

Add barbecue sauce and apricot preserves to pan to create a smooth sauce.

Pour onion mixture over brisket.

Cover pan tightly with foil and braise for 3 hours.

Allow roast to cool in pan before refrigerating or slicing.

For best results, refrigerate overnight and slice when cold.

Slice roast, reheat and serve.

### Brisket Cooking Tips:

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- Sear first to build flavor. Heat fat in a large Dutch oven or roasting pan and add the brisket (pat it dry first). Leave it to sear for 3-5 minutes without moving it,

until it releases on its own. The crust that forms will add great flavor to the finished dish.

- Braise low and slow and don't let the meat dry out. This means making sure there is enough liquid in the roasting pan and sealing it tightly with a lid or foil; if you open it to check and the liquid is low, add more to avoid a burnt pan and tough meat.
- Braised brisket is always easier to slice when chilled and it actually tastes better when reheated the next day, as the flavors have a chance to meld. Cool your brisket after cooking, skim fat as desired, then slice cold. Arrange in a pan covered in sauce and reheat slowly before serving. Remember that the first cut will slice more evenly than the second cut; if using both, put the second cut on your platter first, and put the first cut on top.
- Cut against the grain, otherwise it will be tougher to eat. Cutting against the grain of the meat will break up the muscle fibers, which means less chew and more of that melt-in-your-mouth effect good brisket is known for.
- Assume a half-pound per person. That's the best estimate to determine just how much meat to buy (or how many people to invite to dinner) — unless there are hungry teenagers involved, then all bets are off!
- Try a similar, brisket-esque cut to save a few bucks. Braised brisket is a staple of Ashkenazi Jewish holiday tables, following a long-honored tradition that was born when briskets were one of the cheapest cuts of meat due to their relatively large size and toughness. Today, in part due to the popularity of brisket in Jewish cuisine and the increased demand for briskets created by the BBQ craze, brisket is in fact one of the more expensive cuts!