



Bourbon and Cider Braised Beef Brisket

Prep: 30 minutes plus standing

Roast: 2½ hours • Serves: 10

- 1 fresh flat-cut beef brisket (about 5½ pounds), trimmed
- 6 garlic cloves, chopped
- ⅓ cup apple cider vinegar
- ⅓ cup Dijon mustard
- 1 tablespoon chopped fresh thyme leaves
- 2 teaspoons kosher salt
- 1½ teaspoons fresh ground black pepper
- 1 teaspoon ground allspice
- 2 tablespoons vegetable oil
- 2 cups apple cider
- 1 cup bourbon whiskey
- 2 large yellow onions, each cut in half then sliced

1. Preheat oven to 350°. Cut brisket crosswise in half. In small bowl, mix garlic, vinegar, mustard, thyme, salt, pepper and allspice.

2. In 12-inch skillet or wide-bottomed sauté pan, heat oil over medium-high heat. Add 1 brisket half, fat side down, and cook 8 to 10 minutes or until browned on both sides, turning once. Transfer brisket, fat side up, to large roasting pan. Repeat with remaining brisket half.

3. Add cider to skillet; heat to simmering, stirring to remove any browned bits from bottom of skillet. Remove skillet from heat and stir in bourbon.

4. Brush vinegar-mustard mixture all over brisket; place onions on top of brisket. Pour cider mixture into roasting pan. Cover pan tightly with aluminum foil. Roast 2½ to 3 hours or until brisket is fork-tender.

5. Transfer brisket to cutting board. Cover loosely with foil and let stand 10 minutes. Thinly slice brisket across the grain, and serve with onions and pan juices.

Approximate nutritional values per serving:

639 Calories, 39g Fat (17g Saturated), 172mg Cholesterol, 685mg Sodium, 10g Carbohydrates, 1g Fiber, 34g Protein