

Irish Spiced Beef

Mary Schenk - DeKalb, IL
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Servings: 14

1 (about 6 pounds) fresh beef brisket
1/3 cup packed brown sugar
3/4 cup coarse sea salt
1/4 cup onion, chopped
4 bay leaves, crushed
3 teaspoons pepper
2 teaspoons dried rosemary, crushed
2 teaspoons dried thyme
1 1/2 teaspoons ground allspice
1 1/2 teaspoons ground cloves
4 medium onions, sliced
4 medium carrots, sliced
2 ribs celery, sliced
2 cups stout OR beef broth
Rye bread
Dijon mustard

Preparation Time: 20 minutes

Bake: 4 hours

Place the beef in a 15x10x1-inch baking pan. Rub with brown sugar. Refrigerate, covered, for twenty-four hours.

In a small bowl, mix the salt, onion, bay leaves, pepper, rosemary, thyme, allspice and cloves. Rub the mixture over the beef. Refrigerate, covered, for three days, turning and rubbing the salt mixture into the beef once per day.

Preheat the oven to 325 degrees.

Remove and discard the salt mixture. Place the beef, onions, carrots, celery and stout in a roasting pan. Add water to come halfway up the brisket.

Roast, covered, for four to four and one-half hours or until the meat is tender. Cool the meat in the cooking juices for one hour.

Remove the beef. Discard the vegetables and cooking juices. Transfer the beef to a 13x9-inch baking dish. Refrigerate, covered, overnight.

Cut diagonally across the grain into thin slices.

Serve with Rye bread and mustard.

Per Serving (excluding unknown items): 46 Calories; trace Fat (3.9% calories from fat); 1g Protein; 11g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 16mg Sodium. Exchanges: 0 Grain(Starch); 1 Vegetable; 0 Fat; 1/2 Other Carbohydrates.

Beef

