



TANGY SPICED BRISKET

Intermediate Lifestyle

Ingredients

3 large onions, sliced	1/8 to 1/4 TSP cayenne
3 TBS vegetable oil	1/2 TSP dried oregano
6 garlic cloves, peeled and halved	1/2 TSP dried thyme
1 TSP paprika	2 cups low-sodium beef stock
2 TSP salt	1 cup ketchup
1-1/2 TSP garlic powder	1 cup chili sauce
1-1/4 TSP black pepper	1 cup 'lite' maple syrup
1-1/2 TSP onion powder	8 to 10 pound brisket

Instructions

The sauce:

—Heat a large skillet over medium high heat and sauté onions in vegetable oil, stirring occasionally, until caramelized and most of liquid has evaporated, about 15 minutes.

—Add halved garlic cloves; sauté for 3 minutes more. Stir in spices and seasoning (paprika, salt, garlic and onion powders, black pepper, cayenne, oregano and thyme) and cook for 2 minutes. Set aside.

—In a large bowl, stir together the beef stock, ketchup, chili sauce and maple syrup.

The brisket:

—Preheat oven to 350°. Place brisket in a baking dish or casserole, spread onion mixture over the top, then pour sauce mixture over the entire dish. Cover tightly with foil and bake until very tender but not falling apart, about 3 to 4 hours.

—When the brisket is cooked but still hot, use a spoon to scrape off any large fat deposits adhered to the top and bottom of the brisket. (This part is easiest to do when hot. The sauce will be de-fatted after it has chilled.)

—Chill entire dish in the fridge for several hours and up to one day; this resting time will significantly enhance the flavor and texture of the meat.

—An hour before you're ready to serve it: Preheat your oven to 300°F, and remove the dish from the fridge. Remove all of the fat that has solidified with a slotted spoon for a less oily finish.

—Carefully remove the meat from its sauce and place on a large cutting board. Cut the brisket into 1/2-inch slices.

—Carefully place the sliced meat (moving it in large sections with a spatula helps keep it together) back into the sauce and spoon the sauce over the meat.

—Replace the lid or cover the dish tightly with foil and reheat in the oven until it is bubbling at the edges — this usually takes up to to 30 minutes.

SERVING INFO: (Yields 8-10 servings)

3 oz. brisket + 1/4 cup onion mixture = 1 P, 1/2 V

See photo of recipe at [Instagram](#) and [Facebook](#).