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DIET CENTER

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BAKED BRISKET

Intermediate Lifestyle

Ingredients for the BRISKET

2-1/2 tbs. brisket or beef, with all the visible fat trimmed
2 cloves crushed garlic
coarse black pepper, paprika
2 sliced onions
(You will need a covered roasting pan)

Instructions for the BRISKET

1. Rub the brisket with the crushed garlic.
2. Sprinkle the brisket liberally with the spices, and refrigerate overnight.

When you're ready to cook the brisket ...

1. Preheat oven to 325°.
2. Place the meat on top of the 2 sliced onions in a roasting pan. Then pour the sauce (recipe below) over and around the meat.
3. Bake covered, for approximately 3-1/2 to 4 hours. Uncover and bake for 1/2 hour longer to brown. Meat should be fork-tender and well browned. Skim all accumulated fat. Slice the brisket thinly across the grain.

Ingredients for the SAUCE

3 TBS tomato paste
1 TBS honey
1/2 cup dry white wine
1 cup orange juice OR water OR low-/sodium-free fat-free broth

Instructions for the SAUCE

In a small bowl blend the ingredients well just before you're ready to bake the brisket.

Portion-Per-Serving Information (Serves 8):

Serving = 3 thin slices + 2 TBS sauce = 1 PR, 1/2 FT

Notes:

1. Choose the leanest cut of meat you can find.
2. Start the recipe the night before. Brisket will slice thinner and fat is easier to skim if it's first chilled. Plus, flavor gets even better on warming.
3. Post-cooking, cut it thinly across the grain so it is not stringy.