



BRISKET w/MELTED & PICKLED ONIONS

Intermediate Lifestyle

INGREDIENTS

3 TBS olive oil, divided	1 pound sweet onions, cut into 1/2-in.-thick cut into 1/2-in.-thick rings (about 2 onions)
1 (2-lb.) beef brisket, fat trimmed to 1/4 in.	2/3 cup red wine vinegar
1 TSP black pepper	2 TBS granulated sugar
2 1/2 TSP kosher salt, divided	2 whole cloves
2 bay leaves	1 1/2 cups vertically sliced red onion (about 6 (about 6 oz.)
2 TBS Worcestershire sauce	
2/3 cup plus 2 TBS water, divided	

INSTRUCTIONS

—Heat 1 TBS oil in large skillet over medium-high. Sprinkle brisket evenly with pepper and 3/4 TSP salt. Add brisket to skillet; cook until very well browned, about 4 minutes per side.

—Place bay leaves in bottom of 5- to 6-quart slow cooker; add Worcestershire sauce and 2 TBS water. Add brisket to slow cooker. Separate sweet onion into rings; toss with remaining 2 TBS oil. Arrange onion rings over brisket. Cover, and cook on low until brisket is tender, about 8 hours.

—Meanwhile, bring vinegar, sugar, cloves, 1 TSP salt, and remaining 2/3 cup water to a boil in a saucepan over high. Add red onion; remove from heat, and cool to room temperature. Place in a bowl; refrigerate up to 8 hours.

—Remove brisket from slow cooker; cut across grain into 16 slices. Arrange on a platter. Top with sweet onion mixture and remaining 3/4 TSP salt. Drain red onions; discard cloves. Arrange pickled red onions on platter.

SERVING INFO: (Serves 8)

2 brisket slices, 1/4 cup melted onions, 2 TBS. pickled onions = 1 P, 1 V

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