



west african brisket

Servings
10 servings

Prep Time
30 minutes

Cook Time
5 hours

Kosher Key
Meat

Description

A flavorful take on holiday brisket with a West African flare, including a unique spice blend, bell peppers and lots of garlic.

Ingredients

- 5 lbs first cut brisket
- 1 tbsp kosher salt
- 1 tsp coarse black pepper
- 3 tbsp extra virgin olive oil , divided, or more if needed
- 1 tsp ground ginger
- 1 tsp paprika
- 1 tsp cinnamon
- 1 tsp chili powder,
- 1/4 tsp cayenne pepper
- 3 whole white or yellow onions, peeled and diced
- 3 whole bell peppers - green, red and yellow, seeded and diced
- 14 oz can diced tomatoes - plain or fire roasted
- 2 tbsp brown sugar
- 1 tsp prepared horseradish
- 2 cups low sodium chicken, beef or vegetable stock
- 2 bay leaves
- 1 sprig fresh thyme or a teaspoon of dried thyme
- 2 whole large red onions, cut into rings
- 8 whole garlic cloves
- Fresh herbs for garnish, optional

Recipe Notes

You will also need: large roasting pan

If making for Passover, check to make sure your broth and all other pre-packaged products have a Passover kosher hechsher. If gluten free, make sure all pre-packaged products including beef broth are certified gluten free. If making for Passover, check to make sure your broth and all other pre-packaged products have a Passover kosher hechsher.

This recipe assumes 1/2 pound of brisket (pre-cooked weight) per guest. If this is your only entree and/or you have bigger appetites, adjust accordingly by estimating 3/4 to 1 pound per person.

Instructions

Instructions

1. Preheat oven to 300 degrees. Rub the brisket with salt and pepper. On the stovetop, heat 2 tablespoons of olive oil in a large Dutch oven, heavy pot or roasting pan. Brown the brisket on both sides (about 5 minutes per side). Remove browned brisket from the pan and set aside. Note: If you don't have a roasting pan that will heat up on your stovetop, you can do these initial browning and sautéing steps in a large skillet, then transfer everything over to a large roasting pan or dish before putting in the oven.
2. In a small bowl stir together the ground ginger, paprika, cinnamon, chili powder, and cayenne. Set aside.
3. Add the white or yellow onions and bell peppers to the oil and fat in the pan (add additional oil if needed). Sauté for another 5-6 minutes until the onions are caramelized and the vegetables are fragrant.
4. Add the diced tomatoes, mixed seasonings, brown sugar, horseradish, stock (broth), bay leaves and thyme to the pan. Stir together and cook for about 5 minutes. Pour the sauce mixture out into a separate large bowl and remove pan from heat.
5. Pour 1 tbsp olive oil into the pan and coat evenly, then place the red onion rings at the bottom of the pan.
6. Place the brisket on top of the red onions, then top the brisket with the whole garlic cloves. Cover with the cooked tomato sauce mixture.
7. Cover the roasting pan with a lid, parchment paper or foil and place into the preheated oven. Let it roast for about 5 hours. It should take about 1 hour per pound of meat (leaner cuts of meat may take longer—test for doneness). Brisket is ready when it flakes tenderly when pierced with a fork. You can let it cook even longer for a soft, shredded texture if that's what you prefer. When fully cooked, the brisket will have shrunk in size.
8. I recommend making this brisket ahead; allowing it to sit in the refrigerator for 1-2 nights will improve the flavor. If you would like to do this, skip ahead to where it says "Make Ahead Directions." If you are not making ahead, continue reading.
9. Remove brisket from the pan and let it rest on the cutting board fat-side up for 20-30 minutes. Meanwhile, pour the sauce and vegetables from the roasting pan into a smaller

saucepan. Skim fat from the surface of the cooking sauce, then reheat the sauce until hot (not boiling).

10. Cut fat cap off the brisket, then cut the brisket in thin slices against the grain. Serve topped with hot sauce and softened vegetables. Top with fresh green herbs for a pretty presentation, if desired.

Make Ahead Directions

1. Let the brisket slowly return to room temperature. Transfer brisket to a ceramic or glass baking dish, cover with plastic wrap and place in the refrigerator. Let the brisket chill overnight, or up to two days. You can also freeze the brisket up to a week ahead if you prefer.
2. 1-2 hours before serving, remove the brisket from the refrigerator and preheat your oven to 350 degrees F. The fat in the sauce will have risen to the top, turned white, and solidified. Use a spoon to scoop the fat bits out of the sauce and discard.
3. Take the brisket out of the dish and brush any excess sauce back into the dish. Place brisket on a cutting board, fat-side up. Slice the meat cold—first cut the fat cap off the brisket, then cut the brisket in thin slices against the grain.
4. Return the sliced meat to the dish and spoon sauce over it, making sure to spoon a little sauce between each slice. Cover the dish with foil and place it in the oven.
5. Let the brisket roast for 45-60 minutes until heated through. You can cook it even longer to let it become more tender, if you wish. Serve with hot sauce and softened veggies.

Nutrition Facts

West African Brisket

Amount Per Serving

Calories 410 Calories from Fat 189

% Daily Value*

Total Fat 21g	32%
Saturated Fat 6g	30%
Cholesterol 140mg	47%
Sodium 898mg	37%
Potassium 799mg	23%
Total Carbohydrates 4g	1%
Sugars 2g	
Protein 48g	96%
Vitamin A	4.8%
Vitamin C	1.1%
Calcium	1.9%
Iron	25.8%

* Percent Daily Values are based on a 2000 calorie diet.