Roasted Beef Brisket with Garlic

Description

Easy and delicious brisket roast. The garlic, fresh herbs and wine reduction give it the special touch and flavor.

Summary

Yield: 8
Prep Time: 3 1/2 hours
Category: Roasts
Cuisine: American

Ingredients

- 1 beef brisket, around 6 lbs
- 2 tbsp olive oil
- 5 bulb garlic, peeled
- 1 large onion, diced
- 1/4 cup red wine
- 3 cups beef broth
- 1 bunch fresh oregano
- 5 leaves of fresh basil

Instructions

Preheat oven to 300F. The key is to cook the brisket long and slow.

Season the brisket with salt and freshly-ground black pepper. You can rub a little olove oil over the brisket first if you prefer, helps bind the seasoning to the meat.

Heat a large pan with a lid over medium-high heat. Add olive oil. Sear the brisket on both sides until golden brown. Put aside until later. Add garlic and onion to the pan. Saute until garlic turns golden and the onions become translucent.

Add red wine and deglaze the pan. This means dissolving all the flavorful beef, onion and garlic drippings into the wine. Add beef broth, fresh oregano, and fresh basil. Bring back to a simmer, then turn off heat.

Move garlic and onions to the side. Place your seared brisket in the pan. Cover with the garlic and onion mixture, cover and place in the oven. Bake for 2 1/2 to 3 hours at 300F. The meat should be tender when prodded with a fork.

Let the meat rest for 10 minutes which will make it even more tender.

Enjoy!