
Braised Corned Beef Brisket

Adapted slightly from All Recipes



Servings: 7

1. Preheat oven to 275°F (135 degrees C).
2. Discard any flavoring packet from corned beef. Brush brisket with HP browning sauce on both sides. Heat vegetable oil in a large skillet over medium-high heat and brown brisket on both sides in the hot oil, 5 to 8 minutes per side. Advice from my daughter-in-law: Do wear an apron, and you might put newspaper on the floor around your stove, as the browning process throws off a lot of grease.
3. Place brisket on a rack set in a roasting pan. Scatter onion and garlic slices over brisket and add water to roasting pan. Cover pan tightly with aluminum foil. Do not open the foil at all during the braising time as it will lose all of the built-up steam.
4. Roast in the preheated oven until meat is tender, about 6 hours.

5 pounds corned beef brisket, flat cut
2 tablespoons HP sauce, British imported browning sauce, similar to A-1 sauce
1 tablespoon vegetable oil
1 onion, sliced
6 cloves garlic, sliced
2 tablespoons water

Per Serving (excluding unknown items): 669 Calories; 50g Fat (69.0% calories from fat); 48g Protein; 3g Carbohydrate; trace Dietary Fiber; 175mg Cholesterol; 3949mg Sodium; 1g Total Sugars; 0mcg Vitamin D; 31mg Calcium; 6mg Iron; 996mg Potassium; 388mg Phosphorus. Exchanges: .

Carolyn T's Blog: tastingspoons.com