RECIPE

Oven-Braised Shredded Brisket

MAKES	TOTAL
about 14 bowls from a 5½ lb flat	5 h

Ingredients

- [ ] 5–5½ lb beef brisket, flat cut
- [ ] 3 large onions (about 2½ lb), sliced
- [ ] 1 tbsp brown sugar
- [ ] 1½ tsp salt
- [ ] 1 tsp black pepper
- [ ] 1 tbsp paprika
- [ ] 2 tsp cumin
- [ ] 1 tsp garlic powder
- [ ] ⅛ tsp chili powder
- [ ] 1 tbsp tomato paste
- [ ] 2 cups low-sodium chicken broth
- [ ] 2 tbsp white vinegar
- [ ] 2 bay leaves
- [ ] 1 tsp dried thyme

Method

1. Heat the oven to 300 °F. Rub the brisket all over with the salt, pepper, paprika, cumin, garlic powder and chili powder.
2. Put the sliced onions in the bottom of a Dutch oven, raw, with the brown sugar over them. No sear: the four hours in the oven does the browning.
3. Stir the tomato paste into the broth with the vinegar, bay and thyme. Lay the brisket fat side up on the onions and pour the liquid around it.
4. Lid on. Braise at 300 °F for 4 to 4½ hours. Start the fork test at 3½: it is done when a fork slides in with no resistance and the thickest part reads at least 145 °F on a food thermometer.
5. Rest 20 minutes on a board. Shred with two forks; discard the fat cap.

6. Reduce the pot liquid and onions on the stove by about half, then fold the shredded meat back in.

7. Within 2 hours, cool it in shallow containers, then freeze flat, two servings a bag, dated. Thaw overnight in the fridge; reheat covered with a splash of broth until it reads 165 °F.