

## APPLE CIDER BRAISED BEEF BRISKET with POTATO PARSNIP PUREE

Brisket is a lean cut, and like a pot roast, absorbs all of the delicious flavours that cook with it.

Serves 6

Prep Time: 20 minutes

Cook time: 3 ½ hours

### Brisket:

- 2 Tbsp olive oil
- 1.5 kg (3.5 lb) beef brisket
- 2 medium onions, diced
- 1 stalk celery, diced
- 3 garlic cloves, minced
- 1 cup apple cider
- 2 ½ cups beef stock
- 2 Tbsp grainy mustard
- 2 tsp chopped fresh thyme
- 2 bay leaves
- 1 apple (any variety), peeled and diced
- salt & pepper
- 1 ½ Tbsp cornstarch
- sea salt & horseradish, for serving

### Potato Parsnip Puree:

- 1 ½ lbs Yukon Gold potatoes (3-4 potatoes), peeled & diced
- 12 oz parsnips (about 2), peeled and diced
- 3 Tbsp butter
- ⅔ cup sour cream
- salt & pepper

For the brisket, preheat the oven to 325 °F. Heat the olive oil in a large, heavy-bottom pot and sear the brisket on both sides until browned and remove. Reduce the heat to medium and add the onion and celery, sautéing until the onions are translucent, about 5 minutes. Stir in the garlic and then add the cider and stock, bringing it up to a simmer. Add the mustard, thyme and bay leaves and then add back the brisket. Cover the pot and put in the oven to braise for 3 to 3 ½ hours, turning the brisket over occasionally, cooking until the brisket yields easily when touched with a fork. Add the diced apple in the last 30 minutes of cooking\*\*.



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To finish the sauce and serve, carefully remove the brisket to a cutting board and bring the sauce up to a full simmer. Season to taste. Whisk the cornstarch with 2 Tbsp of cold water and whisk this into the sauce, stirring until thickened. Served slices of the brisket over the potato parsnip puree, sprinkled with seas salt and a dollop of horseradish.

For the potato parsnip puree, boil the potato and parsnips in salted water, uncovered, until tender, about 10 minutes. Drain and push the vegetables through a ricer or food mill (do not use a blender, as this will turn the potatoes gluey). Stir in the butter and sour cream and season to taste.

\*\* Alternatively, the brisket can be prepared in a slow cooker, by placing all ingredients except the apple and cornstarch (add those at the end) and cooking for 7 hours.

