



Dutch Oven Brisket with Carrots and Sweet Potatoes

An easy dinner to make in an oven or slow cooker

1-pound carrots, medium, peeled and chopped
3 Tablespoons canola or peanut oil
1 large or 2 medium onions, halved, thinly sliced, rinsed and patted dry
2 celery stalks, trimmed and sliced
Fine sea salt and ground pepper to taste
4 garlic cloves, minced, germ removed
3-pound beef brisket, trimmed, but with a thin layer of fat on one side
2 cups red wine
1 14 oz. can dice or pureed tomatoes in juice
12 pitted prunes
1 bay leaf
1 whole star anise
½ teaspoon paprika
2 medium sweet potatoes
Water as necessary
Chopped fresh parsley for serving
Sea salt

Preheat the oven to 325 degrees F. Tie the 1 whole star anise and 1 bay leaf in a cheesecloth packet for easier removal after the roast is cooked.

Cut 3 of the carrots into 2-inch-thick pieces – these will go into the pan at the start. Cut the remaining carrots into thirds and set them aside.

Warm 1 Tablespoon of the oil in a large Dutch oven over medium heat. Toss in the onions and cook, stirring, until softened, about 4 minutes. Add the smaller pieces of carrot and the celery, season lightly with salt and pepper and cook, stirring for 4 minutes. If the pan seems dry, add a more oil. Stir until lightly browned. Add the garlic and cook 1 minute more. Remove the vegetables, set aside and discard whatever oil is left in the Dutch oven.

Put the Dutch Oven over medium high heat, add another tablespoon of oil to the pan and add the brisket fat side down. Cook until browned, about 3 minutes, then turn and brown the other side. Season with salt and pepper, then remove the brisket, setting it aside and discard whatever oil remains in the Dutch Oven.

Put the Dutch Oven over medium high heat, add the wine and bring to a boil, scraping the bottom of the pan to pick up whatever bits have stuck to it. Lower the heat and add the tomatoes with their juice, the prunes, bay leaf, star anise and paprika as well as the brisket and reserved vegetables. Give everything a good stir, cover, and bake it for 1-1/2 hours. Check the beef, add water if needed. Continue cooking about 2 hours or until meat is almost tender. Add remaining carrots, sweet potatoes, and pearl onion; add cook until vegetables and meat are tender. Season with salt and pepper to taste.

(The brisket and vegetables can be covered and refrigerated now for up to 5 days or wrapped airtight and frozen for up to 2 months. When the dish is cold, skim off any surface fat and slice the brisket – it's much easier to cut when it's cold and you'll get neater slices.) Taste for salt and pepper. adjust the seasonings as needed and remove the star anise and bay leaf before serving.

Cut the meat into the long slices, always cutting against the grain and reheat in the sauce over low heat. Arrange the sliced meat, vegetables, and sauce on a large platter and sprinkle with parsley and salt, if desired.

Recipe Inspired by: Dorie Greenspan in *Everyday Dorie The Way I Cook*. Her recipe is made using a slow cooker, which would be easier to use. She suggests that you can make it in the oven, on top of the stove, or in a slow cooker.

Cook's Note:

Adding Pearl Onions: If desired, you can garnish using multicolored pearl onions with skins removed by blanching onions for 1 minute in boiling water followed by an ice water bath. Add the pearl onions to the Dutch Oven during the last hour of baking.

Adding Vegetable Chunks: You want to add the vegetables about an hour before the roast is finished so they don't turn to a mushy consistency.

Caution: Make sure you remove the star anise and bay leaf in the cheesecloth packet.

About this Recipe: This recipe is inspired by Dorie Greenspan's Slow Cooker Brisket and is the definition of comfort food as the smell of the red wine permeates your kitchen with anticipated goodness. The spices add a special gourmet touch to the roasted beef.