

Moroccan Inspired Beef Brisket with Lemon

This recipe is best if made the day before serving, which means you need to start it two days before serving. Serve it with freshly cooked couscous.

5-6 pound	beef brisket	6	cups	chicken stock
2	Tbs Hungarian sweet paprika	10-12	large	carrots
1	Tbs ground ginger	1	bunch	cilantro
2	tsp salt	1	handful	fresh mint leaves or 2 tsp dried mint
2	tsp turmeric	1/3	cup	lemon juice, freshly squeezed
1	tsp ground coriander	1	large	lemon, cut in 8 wedges
1	tsp ground black pepper	1	17.6 oz pkg	couscous
1/2	tsp ground cumin	1	Tbs	butter
1/4	cup olive oil + 1 Tbs.	1/2	tsp	salt
2	medium onions, thinly sliced			

- 1 Combine paprika, ginger, salt, turmeric, coriander, pepper, cumin and 1/4 cup olive oil in small bowl. Rub spice mixture into brisket. Cover and chill overnight in roasting pan.
- 2 Thinly slice onions. Peel and cut carrots in half and then quarter carrots lengthwise .
- 3 Preheat oven to 350°. Heat an additional Tablespoon olive oil in Dutch oven or roasting pan. Add brisket and brown well on cooktop, about 5 minutes per side. Transfer brisket to a plate. Add onions to the Dutch oven and cook until onions are translucent. Add carrots, cover and cook another 5 minutes. Twist or cut off cilantro stems and add to pot along with mint, stock and then brisket. Bring to a boil Cover and bake brisket for 2 hours, occasionally pouring pan juices over brisket.
- 4 Cut lemon into 8 wedges. Add lemon juice, lemon wedges and remaining carrots to brisket. Cover and bake 1 more hour.
- 5 Remove brisket and slice thinly across the grain. Return to the pan to soak up the juices. Add 1/2 of chopped cilantro leaves to liquid. (This can be prepared 1 day ahead to this point.)
- 6 Return roasting pan to the oven for 10-20 minutes uncovered to warm all through.
- 7 Make couscous by following package directions: Heat 3 cups water with 1 Tbl butter, 1/2 tsp salt to boiling. Add 3 cups couscous. Stir, cover and remove from heat. Let stand 5 minutes before serving. Fluff couscous with a fork.
- 8 Serve brisket slices and carrots on a plate over freshly made couscous. Garnish with remaining cilantro leaves. Pass remaining pan juices and encourage guests to pour over their meal.

Servings: 12

Preparation Time: 40 minutes

Cooking Time: 3 hours and 20 minutes

Total Time: 4 hours

Nutrition Facts

Nutrition (per serving): 671 calories, 391 calories from fat, 43.5g total fat, 134.7mg cholesterol, 837.9mg sodium, 999.7mg potassium, 27.2g carbohydrates, 3.7g fiber, 6.4g sugar, 41g protein.

Source

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Source: adapted from Bon Appetit recipe - Nov. 1989, page 166

