

Beer-Braised Brisket With Mustard Sauce

Love beef and beer? This recipe is a delicious combination of the two. Beef Brisket is slow-cooked in beer and served with a tangy mustard sauce.

INGREDIENTS

- 1 boneless beef Brisket Flat Half (2-1/2 to 3-1/2 pounds)
- 1 tablespoon olive oil
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 2 large onions, chopped
- 1 bottle (12 ounces) beer or pale ale
- 1/2 cup Dijon-style mustard
- 2 tablespoons chopped fresh parsley



3.75
Hours



8
Servings



42 Cal



36g
Protein

COOKING

- Heat oil in large stockpot over medium heat until hot. Place beef Brisket in stockpot; brown evenly. Remove Brisket from stockpot; season with salt and pepper.
- Add onions to stockpot; cook and stir 3 to 5 minutes or until onions are tender. Return Brisket, fat side up, to stockpot. Add beer. Bring to a boil. Reduce heat; cover tightly and simmer 2-3/4 to 3-1/4 hours or until Brisket is fork-tender.
- Remove Brisket; keep warm. Skim fat from cooking liquid. Increase heat and bring cooking liquid to a boil. Reduce heat and cook 15 to 20 minutes or until mixture is thickened and reduced by half.
- Meanwhile combine Mustard Sauce ingredients in small bowl. Stir in 2 tablespoons thickened cooking liquid.
- Carve Brisket diagonally across the grain into thin slices. Pour remaining onion mixture over beef. Serve with Mustard Sauce.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein	GLUTEN FREE	ALL NATURAL
8		9g	62mg		1g	36g	1	0

*The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Courtesy of BeefItsWhatsForDinner.com