

Beef Brisket With Asian Chili Sauce

Beef Brisket gets spiced up with easy to create Asian flavors.
Kimchee side, optional!

INGREDIENTS

1 boneless beef Brisket Flat Half (2-1/2 to 3-1/2 pounds)

1 tablespoon vegetable oil

1/2 cup water

1/4 cup chili garlic sauce - Chili garlic sauce, an Asian
condiment made from red chilies, garlic and vinegar, imparts a
tangy, spicy heat to dishes. Chili garlic sauce is available in
Asian markets and the Asian section of most supermarkets.

2 tablespoons brown sugar

2 tablespoons reduced-sodium soy sauce

Kimchee (optional) - Kimchee is a spicy and pungent Korean
condiment consisting of pickled vegetables. Kimchee is
available in Asian markets and the Asian section of most
supermarkets.



4.00
Hours



8
Servings



42 Cal



22g
Protein

COOKING

1. Heat oil in stockpot over medium heat until hot. Place Boneless Beef Brisket Flat Half in stockpot; brown evenly.
2. Combine water, chili garlic sauce, brown sugar and soy sauce. Pour over Brisket; bring to a boil. Reduce heat; cover tightly and simmer 2-3/4 to 3-1/4 hours or until Brisket is fork-tender.
3. Remove Brisket; keep warm. Skim fat from cooking liquid; bring to a boil. Cook 10 to 12 minutes or until reduced by half.
4. Trim fat from Brisket. Carve diagonally across the grain into thin slices. Serve with sauce. Serve with kimchee, if desired.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein	GLUTEN FREE	ALL NATURAL
8		6g	39mg		5g	22g	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