Irish Spiced Beef

Mary Schenk - DeKalb, IL Taste of Home - Feb/Mar 2016

Servings: 14

1 (about 6 pounds) fresh beef brisket

1/3 cup packed brown sugar

3/4 cup coarse sea salt

1/4 cup onion, chopped

4 bay leaves, crushed

3 teaspoons pepper

2 teaspoons dried rosemary, crushed

2 teaspoons dried thyme

1 1/2 teaspoons ground allspice

1 1/2 teaspoons ground cloves

4 medium onions, sliced

4 medium carrots, sliced

2 ribs celery, sliced

2 cups stout OR beef broth

Rye bread

Dijon mustard

Preparation Time: 20 minutes

Bake: 4 hours

Place the beef in a 15x10x1-inch baking pan. Rub with brown sugar. Refrigerate, covered, for twenty-four hours.

In a small bowl, mix the salt, onion, bay leaves, pepper, rosemary, thyme, allspice and cloves. Rub the mixture over the beef. Refrigerate, covered, for three days, turning and rubbing the salt mixture into the beef once per day.

Preheat the oven to 325 degrees.

Remove and discard the salt mixture. Place the beef, onions, carrots, celery and stout in a roasting pan. Add water to come halfway up the brisket.

Roast, covered, for four to four and one-half hours or until the meat is tender. Cool the meat in the cooking juices for one hour.

Remove the beef. Discard the vegetables and cooking juices. Transfer the beef to a 13x9-inch baking dish. Refrigerate, covered, overnight.

Cut diagonally across the grain into thin slices.

Serve with Rye bread and mustard.

Per Serving (excluding unknown items): 46 Calories; trace Fat (3.9% calories from fat); 1g Protein; 11g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 16mg Sodium. Exchanges: 0 Grain(Starch); 1 Vegetable; 0 Fat; 1/2 Other Carbohydrates.

Beef

Dar Carrina Mutritional Analysis

Calories (kcal):	46	Vitamin B6 (mg):	.1mg
% Calories from Fat:	3.9%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	90.0%	Thiamin B1 (mg):	trace
% Calories from Protein:	6.1%	Riboflavin B2 (mg): Folacin (mcg): Niacin (mg): Caffeine (mg): Alcohol (kcal):	trace
Total Fat (g):	trace		12mcg
Saturated Fat (g):	trace		trace
Monounsaturated Fat (g):	trace		0mg 0
Polyunsaturated Fat (g):	trace		0 ሰ በ%
Cholesterol (mg):	0mg		
Carbohydrate (g):	11g	Food Exchanges	
Dietary Fiber (g):	2g	Grain (Starch):	0
Protein (g):	1g	Lean Meat:	0
Sodium (mg):	16mg	Vegetable:	1
Potassium (mg):	169mg	Fruit:	0
Calcium (mg):	30mg	Non-Fat Milk:	0
Iron (mg):	1mg	Fat:	0
Zinc (mg):	trace	Other Carbohydrates:	1/2
Vitamin C (mg):	5mg		
Vitamin A (i.u.):	5812IU		
Vitamin A (r.e.):	581RE		

Nutrition Facts

Servings per Recipe: 14

Amount	Per	Serving
AIIIVUIII		Sei villig

Calories 46	Calories from Fat: 2
	% Daily Values
Total Fat trace	0%
Saturated Fat trace	0%
Cholesterol 0mg	0%
Sodium 16mg	1%
Total Carbohydrates 11g	4%
Dietary Fiber 2g	7%
Protein 1g	
Vitamin A	116%
Vitamin C	8%
Calcium	3%
Iron	4%

^{*} Percent Daily Values are based on a 2000 calorie diet.