

## Chef from the Hood Recipes



**Chef:**

Dan Berman

**Restaurant:**

Fiesta/Pacific

**Recipe:**

Slow Cooked Beef Brisket with Herbs dé Provence!

**Ingredients**

beef brisket, trimmed to 7 to 8 lbs.

*Note:* Ask our butchers to trim a 10 to 12 pound brisket of most of the fat to yield a mostly lean piece of brisket, weighing 7 to 8 lbs. Consider that brisket is relatively inexpensive and makes great leftovers! Slice it cold for sandwiches or take some to work & reheat!

2 yellow onions, peeled & sliced thinly crosswise

10 to 12 cloves of garlic, crushed

3 cups of red wine

3 cups of beef stock, (get the real good MSG-free, natural beef stock. Ask for it at our stores.)

Kosher salt and

fresh cracked black pepper

Herbs dé Provence (a wonderful blend of thyme, rosemary, garlic, lavender & more from the Provence region of France; it's sold at Pacific & Fiesta Markets.)

**Procedure:**

Rub the beef liberally with salt, pepper and Herbs dé Provence. Place sliced onions in a baking dish and the brisket on top. Place the garlic on top of the brisket. Cover dish with foil and refrigerate overnight. The next day, remove the foil, pour in the wine and stock and tightly replace foil. Place in a preheated 325° oven. Allow brisket to cook slowly for 7.5 to 8 hours, until the meat is so tender it will slice almost like butter. When it is done, let it rest 15 minutes on the counter. Serve, spooning warm pan sauces over meat.

... Dan Berman says, "We made this at Pacific a few weeks ago; it took us a while to figure out the best cooking time; but once we got it, it was awesome! Ask our exquisite meat department to hook you up with a trimmed brisket.\* Then enjoy the aroma as it cooks, warming your kitchen. The key is to be patient, and let the brisket cook for a very long time. This recipe is simple and has few ingredients. It's a keeper and well worth the effort! But if you don't want to wait, you could just buy it from us!"

... \*Editor's note. Dan means, "Our butchers will cheerfully trim and wrap your brisket to order."