

Chef from the Hood Recipes



Chefs:

Wolvovsky Family: Rabbi Mendel, founder of Santa Rosa's Chabad Jewish Center, his wife Altie and their 3 children

Recipe:

Roast Beef Brisket with lemon, onion & pepper!

Ingredients:

4 lb. beef brisket (6 to 8 servings)
3 large onions, sliced into thick rings
1/2 cup fresh lemon juice
1/2 cup water
1/2 teaspoon black pepper
1/2 cup sugar

.. Altie Wolvovsky grew up enjoying comfort food like her
.. mother's beef brisket served with mashed potatoes. She
.. explains, "While the brisket roasts, its juices caramelize
.. with the lemon juice, sugar, pepper and onions into a
.. delicious sauce. Mom's not only a great cook, she's one
.. of three authors of *Spice and Spirit*, a well known Kosher
.. cookbook." Now busy with her own three children, Altie
.. enjoys recreating the meals she remembers for her
.. family and guests.

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.. Preheat oven to 350°. Place two of the sliced onions in
.. bottom of a heavy roasting pan. Place the roast on top of
.. the onions. Place remaining onion on top of roast. Mix
.. lemon juice in a bowl with the water, pepper and sugar.
.. Pour over roast. Cover with lid or foil and bake two
.. hours. Let rest about 10 minutes before slicing.
.. Suggestion: Altie serves this roast with its own juice and
.. Kosher style mashed potatoes. To make: peel, quarter
.. and boil potatoes in covered pot with just enough water
.. to almost cover. When fork soft, drain potatoes (reserve
.. cooking water) and place in bowl. Mash, adding fried
.. onions & 1/2 cup (or as needed) of cooking water.
.. Season with Kosher salt & pepper.