

## **BRISKET & ROAST MEATS**

### **Introduction**

Aunt Marilyn's Brisket – Nancy Lemelman and Julie Koster (p1)  
Basic Brisket – Jill Kaufman Bohrer (p2)  
Coca-Cola Pot Roast – Victoria Feder (p2)  
Easiest Brisket Ever – Nicole Berlin Marra (p3)  
Easy To Cook Brisket, Tsimmes And Gravy --Tracy Hutt-Becker (p3)  
Poppy's Pot Roast (& Mommy's Brisket) – Barbara Cramer (p4)  
Southern Brisket (The Best Brisket Ever) -- Liz Fine and Nancy Plepler (p5)

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### **AUNT MARILYN'S BRISKET**

Nancy Lemelman and Julie Koster

*Intro: To follow*

#### **Ingredients**

4 lbs. Single brisket  
½ cup honey  
2 pkgs. Lipton Onion Soup  
1 cup Ketchup  
2 tsp. Worcestershire sauce  
1 cup hot water  
1 dash dry mustard  
1 dash Tabasco

#### **Directions**

Braise Brisket in large fry pan until seared on both sides, cut up one or two onions and put into fry pan.

When brisket is seared place it into a large pan and pour the sauce over the top.

Cover tightly with foil and bake at 325 degrees for 3-5 hours or until soft and tender.

Let cool a bit before slicing.

Slice on the diagonal with the grain of the meat.

If you are going to freeze the brisket, slice beef before freezing.

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## **BASIC BRISKET**

Jill Kaufman Bohrer

*Intro: To follow*

### **Ingredients**

1 cut of brisket  
1 can of Hunts tomato sauce  
3 onions chopped

### **Directions**

Chop onions and pour sauce over brisket in a roasting pan, add lots of garlic powder and pepper.  
Seal with foil and bake for 3 hours at 325 degrees.  
Let cool and take brisket out and slice.  
Smush the onions and tomato sauce and strain.  
Pour over the brisket and refrigerate.  
Next day, skim the fat and reheat until steaming.

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## **COCA-COLA POTROAST**

Victoria Feder

*A recipe that uses Coca-Cola. A hand me down from my mom. I can't believe how quickly an entire roast is devoured in my home.*

### **Ingredients**

2-3 Garlic cloves  
1 onion  
2 Tbsp vinegar or lemon juice  
¼ cup red wine  
½ cup oil  
¼ cup honey  
¼ cup coke  
3 Tbsp ketchup  
1 Tbsp salt  
¼ tsp pepper  
1 tsp paprika

### **Directions**

Process onion and garlic.  
Add remaining ingredients to blend.  
Pour over roast to marinate for a few hours.  
Cover roasting pan with foil.  
Cook at 300 degrees for as number of hours required for the size of the roast.

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## **EASIEST BRISKET EVER**

Nicole Berlin Marra

*This recipe was given to me by a friend who is a great cook. She told me that even the cooking challenged could succeed in making a great meal with this recipe. She was right!*

### **Ingredients**

1 brisket – trimmed off as much fat as possible – approx 4 – 6 lbs  
½ cup brown sugar  
½ cup balsamic vinegar  
1 packet onion soup mix  
1 cup ketchup

### **Directions**

Mix all seasonings in a bowl, set aside.  
Sear brisket in a skillet or dutch oven.  
Pour mixture on top (transfer to baking dish first if not searing in dutch oven).  
Add baby carrots – as many as you like.  
Cover  
Bake at 375 degrees for approximately 3 hours, depending on size of roast.  
No need to stir, turn or baste.  
Slice against the grain.

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## **EASY TO COOK BRISKET, TSIMMES AND GRAVY**

Tracy Hutt-Becker

*Intro: To follow*

### **Ingredients**

1 Brisket the largest (8 pounds) you can find, trimmed  
2 cups onions, peeled and chopped  
3 tablespoons vegetable oil  
2 yams, peeled and cut into chunks  
2 sweet potatoes, peeled and cut into chunks  
2 cups baby carrots  
2 cups raisins  
1 pound mixed dried fruit  
1 cup brown sugar  
1 cup maple syrup  
2 cups water  
2 cups mixed nuts  
2 tablespoons cornstarch

### **Directions**

Preheat oven to 325 degrees.  
Sprinkle the brisket all over with salt.

Spread oil in large roasting pan. Scatter the onions in pan and place over 2 stove burners. Turn on both burners to medium heat, and sauté until soft and translucent. Push onions off to the side of pan.

Cook the brisket for 5-10 minutes on each side in the pan, until edges are brown. Turn off burners. Leave brisket and onions in pan and scatter potatoes, yams, baby carrots, mixed dried fruit, and raisins around the sides and on top of brisket.

Add water to pan.

Crumble brown sugar all over the top, and then dribble on the maple syrup.

Take several pieces of tin foil, completely cover pan, crimping around the sides to form a tight seal.

Bake in oven for 2 ½ hours.

Let cool on stovetop, then put entire pan (still covered in foil) in fridge overnight.

Remove foil and skim off solid fat. Place brisket on cutting board and slice, placing slices in serving tray that can be put in oven for reheating.

Remove 80% of potatoes, carrots, dried fruit and raisins and place into separate serving dish that can be put in oven for reheating. Sprinkle mixed nuts on top. Cover with foil.

Dump remaining oil, water, potatoes and dried fruit into a blender, add cornstarch and liquefy into gravy.

Place several cups of gravy on top of brisket slices, allowing gravy to sink between slices, then cover with foil.

Place remainder of gravy into saucepan for reheating, or container to refrigerate.

When ready to serve dinner, preheat oven to 250 degree, and place brisket and tsimmes dishes in oven until warm. Reheat gravy in saucepan on stovetop until warm.

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## **POPPY'S POT ROAST (& MOMMY'S BRISKET)**

Barbara Cramer

*A family perennial which my Poppy passed down to me – and the best I've ever tasted... perfect for a cold winter's meal or a Passover Seder, served with piping hot mashed potatoes or lokshen kugel.*

*Poppy, the youngest of 7 (& only son), learned to cook at his mother's knee in the early 1900s, watching her prepare utterly delicious but strictly Russian / Jewish peasant stuff. And years later, when I had to feed my slightly smaller – but similarly ravenous army of 4, I paid close attention as he helped me out in my country kitchen. One day, he recounted that while cooking the roast for one of his sisters (following my grandma's recipe to the letter), she asked why he cut the meat in half. "Because that's what mom did," he replied. "Don't be silly" my aunt said. "It was only because she didn't have a large enough pot." Well, though memories don't change, better equipment has... and ergo, some traditions. So needless to add, from thence on, we've always kept the roast whole.*

### **Ingredients**

Pot Roast: Though any kind of beef roast can be used, the best cut of beef to buy is the ordinary, undistinguished rump roast or a bottom round roast and 5 – 6 lbs. (Which will allow for leftovers).

Brisket: Only buy the first cut. Trim all fat.

Note: As with all pot roasts, including a brisket, there's going to be lots of shrinkage – You'll be left with about two-thirds the quantity, so plan accordingly.)

Kosher salt

Pepper

Onion powder

Garlic Powder

2 Tbsp of sugar  
Optional – 2 packets of George Washington Rich Brown Seasoning

### **Directions**

Lightly dust the roast completely with flour.  
Season one side liberally with kosher salt, pepper, onion powder (lots), garlic powder (optional: George Washington Rich Brown Seasoning – about 2 packets), and lastly a sprinkle (2 Tbsp) of sugar on top.

Ideally, use a heavy pot that has a child (cast-iron is best).

On medium-high flame, heat some oil (peanut or olive); when hot, put seasoned side facing down and sear outside till it browns.

While first side is browning, season the top side same as the first, and turn to brown when the top side is done.

Throw 2 coarsely chopped onions on top of the roast.

Add about 1 cup + water (enough to cover ingredients) then bring water to a boil.

As soon as water boils, lower flame to a simmer, cover and cook for about 2 – 2 ¼ hours.

*Note: The longer meat cooks, the softer it gets. (I like it a little hard).*

*Also, like any pot roast, it tastes better if made a day or two ahead. (It can keep for days). Don't slice it until ready to eat, and heat it up slowly in its own juices. Slice meat against the grain.*

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## **SOUTHERN BRISKET (THE BEST BRISKET EVER)**

Liz Fine and Nancy Plepler

*Southern Brisket for a crowd. (Don't be fooled by the ingredients. It tastes great. My ingredients are approximate. It is so easy and quick to prepare. It just needs a lot of time in the oven and don't tell your guests about the magic ingredients.)*

### **Ingredients**

5 to 15 lbs of Brisket

2-3 large onions, thickly sliced

Lawrey's Seasoning Salt

1-2 32 ounce cans of chopped or whole tomatoes

1 liter of Pepsi

carrots and potatoes optional chopped in 1 inch pieces

### **Directions**

Preheat oven to 475 degrees.

Put onions in bottom of a large casserole dish or roasting pan.

Season with Lawrey's Seasoning Salt.

Place meat on top of onions, fat side up.

Season meat with Lawrey's Seasoning Salt.

Bake in hot oven for approximately 20 to 30 minutes, until meat and onions are browned.

Add remaining ingredients, with enough combined liquid to cover the meat and vegetables.

Bake at 325 degrees for about 5 hours, until meat is tender.

Allow to cool.

Skim fat.

Slice meat diagonally and put back in the liquid with the vegetables.

Reheat and serve.