

Braised Corned Beef Brisket

6-8 servings



INGREDIENTS

5 lb flat-cut corned beef
brisket
1 Tbsp browning sauce (such
as Kitchen Bouquet
1 Tbsp vegetable oil
1 onion, sliced
6 cloves garlic, sliced
2 tablespoons water

DIRECTIONS

1. Preheat oven to 275 degrees F.
2. Discard any flavoring packet from corned beef. Brush brisket with browning sauce on both sides. Heat vegetable oil in a large skillet over medium-high heat and brown brisket on both sides in the hot oil, 5 to 8 minutes per side.
3. Place brisket on a rack set in a roasting pan. Scatter onion and garlic slices over brisket and add water to roasting pan. Cover pan tightly with aluminum foil.
4. Roast in the preheated oven until meat is tender, about 6 hours.
5. Aluminum foil can be used to keep food moist, cook it evenly, and make clean-up easier.

