

Brisket

3-4 pounds first cut brisket, with a layer of fat on top

(this will serve 6-7 people)

2-3 tablespoons of olive oil

3 medium onions, quartered

2-3 cloves garlic, peeled. Use whole.

2-3 carrots, peeled and cut in half

1 packet onion soup (if desired and allowed)

Salt and pepper to taste

In a large frying pan, add olive oil to just cover bottom of pan and turn to medium high. When pan is hot, put in brisket and seat on all sides –this is a noisy process with lots of spattering.

When meat is seared, lower heat to low, add onions, garlic . Cover fully and cook for 15 minutes. Check after 15 minutes to see if liquid has formed, if not add $\frac{1}{4}$ cup water.

Salt and pepper generously.

With the heat on low, simmer the brisket for 2 hours, checking every half hour or so to see if there is liquid enough to be about halfway up the meat.

Add in the carrots at this time . If you choose to use the packaged soup, stir the whole package into about $\frac{1}{4}$ cup water and pour slowly over the brisket.

Cover fully and cook on low for another hour—

At 2 hours, 2 $\frac{1}{2}$, 3 hours, check doneness by poking the brisket with a fork—if the fork slides in with little or no resistance, then the meat is done.

The brisket can be taken off the heat and left to cool for 10-15 minutes before serving.

Or this dish can be cooled and put in the refrigerator for serving the next day. Brisket can be frozen also— with excellent results. I suggest, however, slicing the meat when it is cold before freezing.