

## Seasonal Eating



## Braised Brisket with Apricots and Plums

- 1 1/2 teaspoons salt
- 1 teaspoon freshly ground black pepper
- 3 cloves garlic, minced
- 1/4 cup olive oil, divided
- 6 pounds beef brisket, trimmed of fat
- 2 large sweet onion, thinly sliced
- 2 teaspoons dried thyme
- 1 cup red wine
- 1/2 cup firmly packed light brown sugar
- 1/4 cup Dijon style mustard
- 2 cups beef broth
- 1 cup dried apricots, halved
- 1/2 cup dried plums, halved
- 1/2 cup chopped fresh Italian parsley

In a small bowl, make a paste of the salt, pepper, garlic and 1 tablespoon of the oil. Rub all over the meat. Heat 2 tablespoons of the oil over high heat in a large roasting pan or Dutch oven that will fit the brisket. Brown the brisket on both sides, taking care not to burn the garlic. Remove the brisket from the pan and add the remaining 1 tablespoon oil. Sauté the onions and thyme until the onions begin to soften, about 2 minutes. Add the wine, sugar, and mustard and bring to a boil. Return the brisket to the pan and pour in the broth. Cover the roasting pan with foil and place in 300 degree oven for 1 hour. Add apricots and plums and cook an additional 2-3 hours or until fork tender. (At this point you can refrigerate the brisket and its sauce for up to 2 days or freeze for 1 month.) Remove the brisket from the sauce and allow the meat to rest for 15 minutes. Slice the brisket thinly against the grain. Arrange the brisket on a serving platter, stir the parsley into the sauce, spoon some over the meat and arrange the fruit down the center of the meat. Serve additional warm sauce on the side.