

Red Wine Braised Brisket - Renal



Food Category: Entrée

Protein: Beef

Portion Size: 4 oz

Number of Servings: 310

Calories per Serving: 310

Diet Selections: Wellness; Renal; Mild; Soft; High Calorie/Protein; Low Fiber; No Fish; Low Lactose; No Nuts

Ingredients:

3 cs brisket, trimmed (~100 lbs trimmed)
1 cup kosher salt
1 cup black pepper
1 cup garlic powder
1 cup Italian seasoning
1 cup olive oil
2 gallons burgundy wine
3 gallons beef stock (homemade; if not available, use 3 gallons water and 0.5 lb low sodium beef base)
40 garlic cloves
6 lbs diced onions
4 cups rosemary leaves
8 oz thyme sprigs
8 oz oregano sprigs
1 cup corn starch (if needed)
1 cup cold water (if needed)

Instructions:

1. Heat oven to 350 degrees.
2. In a bowl, mix salt, pepper, garlic powder and Italian seasoning to set aside.
3. Rub trimmed beef with olive oil and dust with seasoning mix.
4. Place seasoned beef in 2inch hotel pans in a single layer.
5. Roast seasoned beef in the oven for 30 minutes.
6. While beef is roasting, combine Burgundy wine and beef stock and bring to a simmer.
7. Evenly distribute garlic, onions and herbs among the pans of beef and pour the wine and stock mixture over to fill each pan half way.
8. Wrap each pan tightly with foil and return to the oven for 2 hours or until brisket is knife tender.
9. Once cooked, remove beef from the oven. Discard herbs and drain liquid into a stock pot be sure to include onions and garlic. Ladle off the fat from the stock.
10. Bring stock to a boil and puree with an immersion blender. Add cornstarch slurry to thicken if needed.
11. Chill sauce and beef to below 41 degrees.

Red Wine Braised Brisket:

Nutrition Facts	
servings per container	
Serving size	(113g)
Amount per serving	
Calories	210
% Daily Value*	
Total Fat 13g	17%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 270mg	12%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 17g	
Vitamin D 0mcg	0%
Calcium 13mg	2%
Iron 2mg	10%
Potassium 191mg	4%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	