

Pot Roast Braised in Red Wine

3 pounds boneless beef brisket in one piece
2 cups dry red wine
2 cups sliced onions
1 tablespoon olive oil
3 cloves garlic, minced
1 cup well-flavored beef stock
Salt and freshly ground black pepper
1 bay leaf
Several sprigs of fresh rosemary

1. Place the meat in a bowl, add the wine and ½ cup of the onions. Cover and refrigerate overnight, but no more than 16 hours.
2. The next day, remove the meat from the wine marinade, reserving the marinade. Pat the meat dry on paper towels. Preheat the oven to 350°F.
3. Heat the oil in a heavy 3 quart casserole. Add the beef and cook over medium-high heat until browned on all sides. Remove the meat from the casserole. Add the remaining 1 ½ cups onions and cook over medium-low heat until tender and lightly browned. Stir in the garlic.
4. Add the stock and the reserved marinade. Bring to a simmer, scraping the bottom of the pan. Stir in the salt and pepper to taste, bay leaf and rosemary. Return the meat to the casserole.
5. Cover the casserole and place in the oven. Bake for about 2 hours, or until the meat is tender.
6. To serve at once, remove the meat from the casserole and slice it against the grain.
7. Alternatively, the meat can be refrigerated overnight in the cooking liquid, and the next day the meat can be sliced and the sauce reheated before serving.

Makes 6-8 servings