

## **Southwest Blackened and Braised Brisket of Beef**

(Adapted from Lenard Rubin; NYTimes Passover Cookbook)

As a child in Bethel, Connecticut, Lenard Rubin grew up eating Passover Seder dishes typical of Eastern Europe. Now, as a chef in Scottsdale, Arizona, Mr. Rubin is rethinking traditional foods. His brisket is blackened with over a dozen different spices.

¼ cup vegetable oil

One 6 – pound beef brisket, boneless and trimmed of most fat

¼ cup Southwestern seasoning blend (combine to taste ginger, cayenne pepper, cinnamon, thyme, garlic powder, onion powder, paprika, coarsely ground black pepper, kosher salt, dried basil, dried oregano, white pepper, chili powder, cumin)

3 medium onions, chopped

2 large carrots, chopped

2 ribs celery, chopped

3 cloves garlic, chopped

2 bay leaves

6 cups chicken stock (or enough to cover)

1 Tablespoon pareve margarine

Salt and freshly ground pepper

1. Heat the vegetable oil over medium-high heat in a 6-quart pan or Dutch oven.
2. Coat one side of beef with half the seasoning blend, patting well. Place beef in the hot oil and cook until brown and crisp on first side. Turn beef over and coat the other half with the remaining spice blend, and cook that side. Remove the meat from the pan.
3. Add the onions, carrots and celery to the pan and cook, stirring, until the onions are gold brown. Add garlic and cook for 1 minute. Add bay leaves, brisket and enough chicken stock to cover the brisket.
4. When the stock is boiling, cover the pan with a tight-fitting lid and reduce the heat to low to simmer. Cook until very tender, 2 ½ to 3 hours.
5. Remove the beef from the pan and set aside. Skim the excess fat from the stock and strain the liquid. (Or make the brisket a day in advance, refrigerate it and remove the fat after it congeals.) Cook the sauce until it reduces to half its volume. Slowly whisk in margarine (or butter if you don't separate meat and dairy & want a better flavor). Season with salt and pepper to taste. Add the brisket and reheat.

Makes 10 to 12 servings

### Brisket spice mix

In a small jar, mix & store the following spices:

2 tsp ginger powder

2 tsp cinnamon

½ tsp cayenne

2 tsp garlic powder

2 tsp onion powder

1 tsp dried basil, rub into a powder as you add to jar

1 tsp dried thyme

1 tsp dried oregano

2 tsp smoked paprika

1 tsp cumin

1 tsp chili powder

1 tsp white pepper

1 tsp coarse black pepper

1 tsp Himalayan or sea salt

This is a suggested blend for the Southwestern Blackened and Braised Brisket of Beef (Lenard Rubin)

This blend and its proportions are based on another similar spice mixture that I regularly use, but with the ingredient list in the recipe cited above.

