



## Braised Beef Brisket with Balsamic Mushrooms

### Ingredients

One 5-pound grass-fed beef brisket  
1/4 pound thick cut nitrate-free bacon, chopped  
3 large onions, thinly sliced  
3 celery stalks, sliced thinly on the bias  
5 cloves garlic, crushed and finely chopped  
1 pound cremini mushrooms, stemmed and finely sliced  
1 cup balsamic vinegar  
4 cups organic chicken stock (preferably homemade)  
4 bay leaves  
one bundle of fresh thyme  
organic extra-virgin olive oil  
sea salt

### Directions

Preheat oven to 375 degrees F.

Coat a large roasting pan with olive oil and place over high heat. Season the brisket generously with salt. Place brisket in the hot pan and brown well on both sides. Remove brisket from pan and set aside.

Lower the heat under the roasting pan to medium and pour off excess oil. Add bacon to the pan and cook until crispy. Add the onions and celery. Season with salt and cook until the mixture is soft, about 8 minutes. Add garlic and cook another 2 minutes. Next, add the mushrooms and cook until wilted.

When mushrooms are wilted, add balsamic vinegar and reduce by half. Season with more salt, if needed. Lay the brisket on top of the vegetable mixture and pour the chicken stock over the entire contents of the pan, until it just covers the brisket. Add the bay leaves and thyme.

Cover the pan with foil and roast in the oven. Roast for one hour. Turn brisket over, add more chicken stock to cover if needed, and cook for another hour. Remove foil and roast for an additional 30 minutes.

Remove brisket from pan to cutting board and cover with foil. Let rest 20 minutes.

Skim excess fat from cooking liquid. If liquid is too thin, reduce on the stovetop over medium-high heat until it thickens. Taste and season again if necessary.

Slice the brisket against the grain and serve topped with the onion-mushroom mixture.

Enjoy!