



Beer Braised Bison Brisket

By Gail Griffin, Rockie Hill Bison Farm

Ingredients:

- 1 boneless trimmed bison brisket (app. 3 lbs.)
- ¼ tsp. salt
- ½ tsp. black pepper
- 2 Tbsp. olive oil
- ½ bay leaf
- 2 lb. onions, halved lengthwise and thinly sliced lengthwise (6 cups)
- 1 (12 oz.) bottled beer (not dark beer or ale)
- 1 beef bouillon cube, crumbled
- 1 Tbsp. balsamic vinegar

Directions:

Preheat oven to 350 degrees. Pat brisket dry and sprinkle with salt and pepper. Heat oil in a 6 to 8 qt. wide heavy pot over moderately high heat until hot, but not smoking. Brown meat well on all sides – about 10 minutes. Transfer with tongs to platter. Cook onions with bay leaf in remaining oil, stirring occasionally until golden. Remove from heat and transfer half of onions to a bowl. Arrange brisket over onions in pot, top with remaining onions. Add beer, bouillon cube and vinegar, (liquid should come about halfway up sides of meat) and bring to a boil.

Cover pot and braise in middle of oven until meat is very tender – 3 to 3 ½ hours. Cool in sauce, uncovered for 30 minutes. Transfer brisket to a clean cutting board. Season with salt and pepper. Slice meat across the grain and serve with sauce, garlic mashed potatoes and your choice of mixed steamed or roasted vegetables.

Tip: Brisket improves in flavor if braised two days ahead. Cool in sauce, uncovered and then cover surface with parchment paper or waxed paper and then cover the pot with foil. Refrigerate. Slice cold meat across the grain and reheat in oven with sauce in shallow baking pan, covered for 45 minutes.