

# Recipes

---

By  
*Delaware*

## FULL MEAL RECIPE FEATURING Slow-Braised Angus Beef Brisket (First Cut) with Red Wine Glaze

### SALAD

#### Citrus-Fennel Field Salad

##### Ingredients

- 4 cups mixed greens
- 1 small fennel bulb, shaved (or thinly sliced)
- 1 orange, segmented (reserve juice)
- 1/4 cup shaved Parmesan (optional)
- 1/4 cup toasted walnuts (optional)
- 2 tbsp olive oil
- 2 tbsp orange juice
- 1 tbsp fresh lemon juice
- 1 tsp honey
- 1 tsp Dijon mustard
- 1–2 tbsp rice vinegar (or apple cider vinegar)
- Salt and black pepper

##### Preparation

1. Whisk olive oil, orange juice, lemon juice, honey, Dijon, vinegar, salt, and pepper.
2. In a bowl, combine greens, shaved fennel, orange segments, and Parmesan/walnuts (if using).
3. Dress lightly just before serving and toss.

##### Presentation

- Pile greens in the center of each plate, top with orange segments and fennel, then drizzle any extra dressing.

---

### Entree: Slow-Braised Angus Beef Brisket (First Cut) with Red Wine Glaze

##### Ingredients

- 1 (first cut) Angus beef brisket (about 6–8 lb)
- 2 tbsp kosher salt (or 1 tbsp per side)
- 1 1/2 tsp black pepper
- 2 tbsp olive oil

- 2 large onions, sliced
- 4 cloves garlic, minced
- 2 tbsp tomato paste
- 1 cup beef broth (plus more as needed)
- 1 cup dry red wine
- 1 tbsp Worcestershire sauce (optional)
- 2 tbsp brown sugar (or honey)
- 1 tbsp apple cider vinegar
- 2 tsp smoked paprika
- 1 tsp dried thyme
- 2 bay leaves
- 2–3 sprigs fresh rosemary (optional)
- 1/2 cup chopped carrots (optional, for braise)
- 1/2 cup chopped celery (optional, for braise)

### **Spice Rub (easy option)**

- 1 tbsp brown sugar
- 1 tsp smoked paprika
- 1 tsp garlic powder
- 1 tsp onion powder
- 1/2 tsp chili powder (optional)
- 1 tsp black pepper
- 1 tsp salt (adjust if your brisket is already salted)

### **Preparation**

- Season**
  - Pat brisket dry. Rub with the spice blend (or salt + pepper). Let sit 30 minutes at room temperature.
- Sear**
  - Preheat oven to **325°F (165°C)**.
  - Heat oil in a large Dutch oven (or heavy pot). Sear brisket on all sides (about 8–10 minutes total). Remove brisket.
- Sauté aromatics**
  - In the same pot, sauté onions until softened (5–7 minutes). Add garlic, cook 30 seconds.
  - Stir in tomato paste and cook 1 minute.
- Braise**
  - Return brisket to the pot. Add broth, red wine, Worcestershire (if using), vinegar, brown sugar, thyme, bay leaves, rosemary (optional), and optional carrots/celery.
  - Liquid should come at least halfway up the brisket.
- Slow cook**
  - Cover and braise **for 3.5–5 hours**, until very tender.
  - If needed, add a splash of broth to keep enough braising liquid.
- Make the glaze**
  - Transfer brisket to a platter to rest.
  - Skim fat from the sauce if desired (or reduce without skimming).

- Reduce sauce uncovered 15–25 minutes until glossy and spoonable.
- 7. **Rest + slice**
  - Rest brisket **20–30 minutes**.
  - Slice **against the grain** in even slices.

### **Presentation**

- Fan slices on a warm platter. Spoon reduced red-wine sauce over the top.
  - Garnish with fresh thyme or chopped parsley if you have it.
- 

## **Side Dish #1: Garlic Mashed Potatoes (Rich & Creamy)**

### **Ingredients**

- 2 1/2 lb Yukon Gold potatoes, peeled and cubed
- 1/2 cup whole milk (warm)
- 4 tbsp butter
- 2 cloves garlic, minced (or 1 1/2 tsp garlic powder)
- 1/2 tsp salt + black pepper to taste
- Optional: 1/4 cup sour cream or Greek yogurt

### **Preparation**

1. Boil potatoes in salted water until very tender (15–20 minutes). Drain.
2. Warm milk and melt butter together.
3. Mash potatoes; mix in butter-milk mixture and garlic. Add sour cream (optional), then salt and pepper.

### **Presentation**

- Spoon into a serving bowl using a fork to create soft ridges.
  - Top with a small pat of butter and a light sprinkle of pepper.
- 

## **Side Dish #2: Roasted Green Beans with Lemon & Toasted Almonds**

### **Ingredients**

- 1 1/2 lb green beans, trimmed
- 2 tbsp olive oil
- 2 cloves garlic, minced
- Zest of 1 lemon (or 1 tsp lemon zest)
- 2 tbsp lemon juice
- 1/3 cup sliced or chopped almonds, toasted
- Salt and black pepper
- Optional: pinch of red pepper flakes

### **Preparation**

1. Preheat oven to **425°F (220°C)**.
2. Toss beans with olive oil, garlic, salt, pepper, and optional red pepper flakes.

3. Roast 12–16 minutes until crisp-tender and lightly browned.
4. Toss immediately with lemon zest, lemon juice, and toasted almonds.

### Presentation

- Serve on a platter, heap the beans in the center, and scatter extra toasted almonds on top.
- 

## Dessert: Vanilla Bourbon-Pecan Bread Pudding (Quick Comfort)

### Ingredients

- 6 cups day-old bread cubes (brioche or country bread)
- 4 large eggs
- 2 1/2 cups whole milk
- 1/2 cup brown sugar
- 1 tbsp vanilla extract
- 2 tbsp bourbon (optional)
- 1/2 tsp cinnamon
- 1/4 tsp salt
- 1 cup pecans, toasted and chopped
- Optional topping: 1/2 cup caramel sauce or warm vanilla sauce

### Preparation

1. Preheat oven to **350°F (175°C)**.
2. In a bowl, whisk eggs, milk, brown sugar, vanilla, bourbon, cinnamon, and salt.
3. Place bread cubes and pecans in a baking dish. Pour custard over.
4. Let sit 10 minutes to soak.
5. Bake **35–45 minutes** until set in the center (edges should be deeper golden).
6. Rest 10 minutes before serving.

### Presentation

- Serve warm in squares or scoops. Drizzle lightly with caramel sauce (optional).
- 

## Wine Pairing (1 Recommendation)

### Kaiken Ultra Malbec Red Wine

#### Why it's the best choice:

A rich **Malbec** pairs extremely well with **slow-cooked beef brisket** because its bold fruit and structure complement the brisket's deep, savory flavors and the red-wine glaze, while still holding up to the brisket's richness without tasting flat.