



# French Onion Brisket

**GF**  
option

## INGREDIENTS

1 (3½-lb.) Hy-Vee Angus Reserve beef brisket flat  
½ cup Hy-Vee salted butter  
4 medium yellow onions, thinly sliced  
2 tbsp sherry cooking wine  
1 tbsp Hy-Vee apple cider flavored vinegar  
3 cups Hy-Vee beef stock  
2 sprigs fresh thyme, plus additional for garnish  
Fresh Italian parsley, chopped, for garnish

## PREPARATION

- 1** Preheat oven to 350°. Pat brisket dry with paper towels; trim fat. Melt butter in a 6-quart Dutch oven over medium-high heat. Sear brisket 6 to 8 minutes until golden brown, turning halfway through. Remove brisket from Dutch oven; set aside.
- 2** Add onions to Dutch oven; cook over medium heat 20 to 25 minutes or until onions begin to brown, stirring occasionally. Cover and cook on medium-low heat 20 to 25 more minutes or until onions are golden brown, stirring occasionally.
- 3** Stir in sherry and vinegar. Cook and stir over medium-high heat until liquid evaporates. Stir in beef stock and 2 thyme sprigs. Bring to a boil; return brisket to Dutch oven.
- 4** Cover and bake 1 hour 45 minutes to 2 hours or until brisket reaches 205°. Remove from oven; uncover and cool brisket in cooking liquid for 45 minutes. Cover and refrigerate overnight for flavors to blend and easier slicing.
- 5** To serve, remove and discard thyme sprigs. Slice brisket across the grain; return to the Dutch oven with cooking juices. Cover and heat over medium heat 15 minutes or until heated through. Garnish with additional thyme sprigs and Italian parsley, if desired.

## NUTRITION FACTS

Calories: 630  
Total Fat: 40g  
Saturated Fat: 19g  
Trans Fat: 2g  
Cholesterol: 220mg

Sodium: 620mg  
Carbohydrates: 11g  
Fiber: 2g  
Sugar: 5g  
Protein: 57g