

# Golden Harvest Beef Brisket

written by The Recipe Exchange | February 6, 2014

## **Ingredients**

2-1/2 lb. beef brisket  
2 tbsp. cooking fat  
2 sm. onions \*  
1 cup brown sugar, packed  
1/4 tsp. salt  
1/4 tsp. pepper  
1 qt. boiling water  
1 can (28 oz.) yams, drained  
6 carrots, pared and slivered  
2 md. tart apples, sliced  
3 lg. white potatoes \*\*  
1/2 cup sugar  
1/4 cup catsup  
1 tbsp. cornstarch  
1/2 tbsp. dry Mustard  
1 can (11 oz.) Mandarin orange segments, drained, liquid reserved

## **Directions**

Trim excess fat from beef brisket and brown on both sides in fat in Dutch oven. Pour off drippings. Add onions, 1/4 cup brown sugar, salt and pepper. Stir in boiling water. Cover and bake at 350°F for 2 hours.

Add yams, carrots, apples, white potatoes and 1/4 cup brown sugar; continue cooking, covered, 30 minutes. Remove cloves from onions. Combine sugar, 1/2 cup brown sugar, catsup, cornstarch and mustard in small saucepan. Stir Mandarin orange liquid into sugar mixture and cook over medium heat until sauce boils. Add mandarin oranges. Spoon about half of the sauce over meat. Continue cooking, uncovered, about 30 minutes or until meat is very tender, basting with sauce occasionally.

Carve meat diagonally across the grain and place on platter with vegetables. Spoon remaining hot sauce over meat and vegetables. Garnish with parsley flakes or fresh parsley.

\* Onions should be whole and studded with a few cloves.

\*\* Pare and halve the white potatoes.