



Menu du Jour

29 April 06

Spicy Brisket Stew
Herbed Dumplings
(Serves four)

Spicy Brisket Stew

This stew, which could be called either Chuck Wagon Stew or Irish Beef Stew, uses beef brisket instead of stew beef. As a variation from the traditional Irish stew that uses braised meat, the brisket is smoked before being added to the stew.

1 1/2 pounds smoked beef brisket, cubed (recipe follows)
8 cups beef stock, homemade preferred
1 cup dry red wine
1 (6-ounce) can tomato paste
1 tablespoon granulated sugar
1 tablespoon dried thyme leaves
2 tablespoons Worcestershire Sauce
1 tablespoon Louisiana-style hot sauce
1 tablespoon hot Hungarian paprika
1/2 teaspoon ground cumin seed
1 teaspoon crushed red pepper flakes
2 bay leaves
2 tablespoons unsalted butter
2 tablespoons olive oil
3 cloves garlic, finely chopped
1 large sweet onion, sliced
2 fresh jalapeño chiles, seeded and chopped
2 cups carrots, peeled and cut into 1-inch pieces
1 1/2 cups chopped celery
3 cups Red Bliss or Yukon Gold potatoes, cut into 1-inch cubes
1 cup cubed turnip
Coarse kosher salt and freshly ground black pepper, to taste

In a large stock pot over medium heat, combine the meat, beef stock, wine, tomato paste, sugar, thyme, Worcestershire sauce, hot sauce, paprika, cumin, crushed red pepper and bay leaves. Bring to a boil, stirring to combine. Reduce heat and simmer, partially covered, for 30 minutes.

While the beef is simmering: melt the butter in a large skillet over medium heat and add the oil. Add the onion; cook until the onion is slightly caramelized, about 8 minutes. Add the jalapeño and garlic, cook for another 3 to 4 minutes. Remove and reserve. Add the carrots and celery to



the skillet. Sauté until lightly browned, about 10 to 15 minutes. Add the browned vegetables and onions to the beef mixture. Add the potatoes and the turnip. Simmer, uncovered, another 30 to 40 minutes.

(Chef's note: If the sauce is not thick enough, tighten with a dark roux. The dumplings will also thicken the stock.)

Smoked Brisket

1 (2 3/4-pound) brisket flat
3 cups combined mesquite and hickory wood chips
1/4 cup good-quality yellow mustard
1 1/2 tablespoons Cackalacky® Spice Sauce™

Rub:

2 tablespoons cracked black pepper
1 tablespoon Demerara sugar
1 tablespoon coarse kosher salt
1 teaspoon granulated garlic
1 teaspoon granulated onion
1 teaspoon dried parsley
1 tablespoon chili powder
1 teaspoon dried oregano
1 tablespoon hot Hungarian paprika

Score the fat pad on meat but do not trim. Combine the rub ingredients in a small bowl. Combine the mustard and the Cackalacky® Spice Sauce™ in a small bowl (or use Cackalacky® Spiced Mustard™). Using a pastry brush, coat the brisket with the mustard mixture. Rub the spice mixture evenly over meat. Wrap the brisket with food film and marinate, refrigerated, at least 6 hours or up to overnight.

At least 1 hour before cooking, soak the wood chips in enough water to cover. Remove the meat from the refrigerator and allow the meat to rest at room temperature for 30 minutes.

Prepare the smoker and stabilize the temperature at 225 degrees F. Drain the wood chips and sprinkle half of the wood chips over the coals. Place meat on grill rack, fat side up, over drip pan. Cover and smoke about 1 to 1 1/2 hours per pound or until a meat thermometer registers 190 degrees F. Add the remaining wood chips halfway through smoking.

Remove the brisket from the smoker. Cover with foil; let stand for 10 minutes before carving.

(Chef's note: After cooking, the 2.71-pound flat weighed 1 3/4 pounds, a 64% yield.)



Herbed Dumplings

1 1/2 cups all-purpose flour
2 teaspoons baking powder
3/4 teaspoon kosher salt
1 teaspoon dried thyme
1/2 teaspoon celery seed
1/4 cup chopped fresh parsley
1 teaspoon caraway seed
3 tablespoons shortening
3/4 cup whole milk
2 tablespoons olive oil

Sift flour, baking powder and salt into a mixing bowl. Add thyme, celery seed, parsley and caraway seed. Cut shortening into the flour until mixture forms into crumbs. Stir in the milk. Add olive oil; stir to incorporate.

(Chef's note: Dumpling dough is very much like biscuit dough. The less it is handled, the lighter and tenderer it will be.)

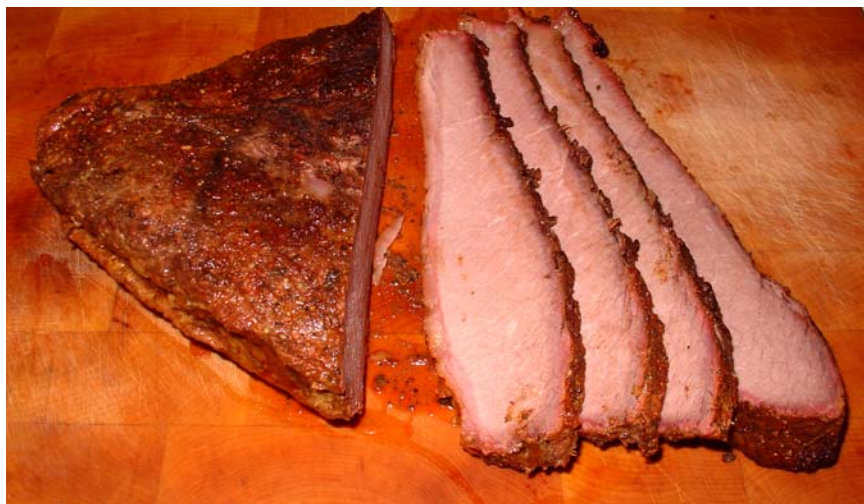
Using two spoons, drop heaping tablespoon-size dumplings atop the stew (not directly into the liquid) and cook, uncovered, for 10 minutes. Continue cooking, covered, another 10 minutes.



Cooking & Presentation



Finished Brisket Off The Smoker



Sliced Brisket



Finished Stew Ready For The Dumplings