

SCANDINAVIAN BEEF BRISKET

Ingredients:

5 or less pounds beef brisket
1 large onion, sliced
1 tablespoon instant beef bouillon
2 cups boiling water
2 teaspoons honey
1 1/2 teaspoon white wine vinegar
1/8 teaspoon ground cloves
1/4 teaspoon cinnamon
6 medium carrots
6 medium potatoes
1/2 lemon, sliced thinly
1 cup pitted prunes
1 tablespoon cornstarch
1 tablespoon water

Directions:

Bake the brisket uncovered at 500°F for 30 minutes (watch).
Dissolve bouillon in hot water.
Place onion and lemon on meat after the 30 minutes of baking.
Pour hot bouillon and mixed spices over meat.
Cover and turn oven to 300°F for 1 1/2 hours.
Then add vegetables and prunes, and bake 1 1/2 hours longer at 300°F.
Finally, mix starch and water to thicken the sauce.

Serves 6 or more