



Sweet & Sour Brisket

Featuring Susanne Senoff, CISO at PROS (now CISO at Conga),
and Erik Montcalm, SVP Cybersecurity Services at SecureOps

Twelve years ago, Susanne was studying to convert to Judaism and her Rabbi told her she had to cook because Judaism is all about the food. And if she couldn't cook, she'd likely not convert!

Susanne picked this recipe for two reasons: 1) It was in a crock pot – which reminded her of her mother, and 2) It used ketchup – a main spice when you grow up in Minnesota.

Sweet and Sour Brisket

Ingredients

- 3 lb brisket
- 2 Tbsp neutral oil
- 2 large onions, diced
- 6 carrots, cut into matchsticks
- 5 stalks of celery, chopped (+ leaves if you have)
- 6 cloves garlic, chopped
- ¼ cup dried cranberries
- 6 Tbsp cider vinegar
- ¼ cup brown sugar
- ½ cup ketchup
- ¾ cup stock (I used chicken)
- ¾ cup red wine
- a handful of fresh cut herbs (I used parsley and tarragon)

Instructions

1. Heat up a large skillet and add 1 Tbsp oil. Sprinkle all sides of your brisket with a couple pinches of salt and pepper. Add brisket to the sauté pan and brown on both sides (about 5 minutes per side). When brisket is browned, add to crock pot.
2. In same skillet, add a touch more oil and sauté onions, celery, carrots and garlic for about 5–10 minutes, cooking the vegetables just a touch.
3. Meanwhile in measuring cup add wine, stock, brown sugar, ketchup and vinegar. Whisk and set aside.
4. When vegetables are done add cranberries and cook for another minute. Pour in the wine mixture and add herbs, bring to a boil.
5. Carefully pour vegetables and sauce over brisket, cook high 4–6 hours or on low 8–10 hours.
6. When done, take out meat, let cool for 5 minutes or until easy to handle, cut, plate and spoon some vegetables over with a touch of gravy.

