

Cooking with Stout

A malty Irish stout can make for more than just a satisfying pint. Here, it enriches a sauce for fall-apart slow-cooker brisket, and adds depth to a quick, microwaveable mug cake.

By Christine Burns Rudalevige

SLOW-COOKER BRISKET WITH ONION-STOUT GRAVY

Active Time: 30 min. **Total Time:** 8 hours 30 min.

Serves 6 to 8

Ask for fresh brisket (not corned) at the butcher counter.

- 3** sweet onions, halved and sliced ¼" thick
- 1** (3- to 4-lb.) flat-cut beef brisket, fat trimmed ¼" thick
- Salt and pepper**
- 1** Tbsp. vegetable oil
- ½** cup honey
- 8** sprigs fresh thyme
- 2** cups low-sodium beef broth
- 1** (14.9-oz.) can stout
- 2** Tbsp. water
- 1** Tbsp. cornstarch
- ¼** cup minced fresh parsley

1. Add half of the onions to a 6-quart slow cooker. Pat brisket dry with a paper towel and season with salt and pepper.

2. Heat oil in a large skillet over medium-high heat until just smoking. Add brisket and cook until golden brown, 3 to 4 minutes per side. Transfer to the slow cooker and top with remaining onions, honey, thyme, and broth.

3. Whisk stout into the hot skillet,

scraping up any brown bits, and transfer to the slow cooker. Cover and cook on low until brisket is fork-tender, about 8 hours.

4. Transfer brisket to a cutting board and tent with foil.

5. To make gravy, pour cooking liquid and onions into a large saucepan and simmer over medium-high heat until reduced by about half, 15 to 20 minutes. Stir together water and cornstarch until smooth. Whisk into saucepan and continue to simmer until gravy is thick enough to coat the back of a spoon, 2 to 3 minutes. Skim fat, discard thyme stems, and season with salt and pepper to taste.

6. Slice brisket across the grain, transfer to a platter, and top with about half of the onion gravy. Sprinkle with parsley and serve with remaining gravy on the side.

Per Serving (for 8): 270 Cal; 8g Fat (1.5g Sat Fat); 60mg Chol; 80mg Sodium; 29g Carb; 2g Fiber; 22g Protein



STOUT AND TOFFEE MUG CAKE

Total Time: 5 min. **Makes** 1 mug cake

You can double this recipe and microwave 2 mugs at the same time; increase the cooking times by about 30 seconds.

- 3** Tbsp. stout
- 2** Tbsp. unsalted butter
- 2** dates, pitted and minced
- 3** Tbsp. packed dark brown sugar
- 3** Tbsp. all-purpose flour
- Pinch** kosher salt
- 1** Tbsp. English toffee bits (optional)

1. Combine stout, butter, and dates in a microwave-safe mug and microwave on high until butter is melted, about 1 minute.

2. Stir in sugar, flour, and salt until combined and microwave on high until top is firm, about 90 seconds.

3. Top with toffee bits (if using) and serve warm.

Per ½ Cake: 290 Cal; 14g Fat (9g Sat Fat); 30mg Chol; 150mg Sodium; 40g Carb; 1g Fiber; 2g Protein