

## **Russian Brisket of Beef**

- 6-8 lbs. Brisket of beef
- 1 lb. Pitted prunes
- 1 can (approx. 16 oz) whole sweet potatoes
- 3 or 4 carrots (optional)
- brown sugar to taste

Place brisket in Dutch oven or deep cast iron pot, cover meat with cold water just to top of meat. Sprinkle 1 lb. Pitted prunes on top of meat. Cover pot and simmer slowly for 1 hour at which time  $\frac{1}{2}$  of the liquid will remain. Place meat or combination of

sweet potatoes and carrots on top of meat and prunes. Sprinkle lightly with brown sugar and transfer to a pre-heated oven. Bake (covered) at 350° for 2 hours.

Spoon prune gravy over meat to serve.

From Ascension's Food Festival Recipes