

Ria's Bluebird
(Airing 10/30/04)

Description: Gourmet Southern Classics

Location:

421 Memorial Dr., Atlanta, GA, 30312
Cabbagetown/Candler Park/Inman Park/Grant Park
(404) 521-3737
8am-3pm Mon-Sat, 8am-4pm Sundays

Chef/Owner Ria Pell Prepared:

- ✓ Angus Beef Brisket from Ria's Bluebird
- ✓ Shrimp and Grits

Angus Beef Brisket from Ria's Bluebird

Brisket:

3 lbs. beef brisket, whole
2 Tbls. vegetable oil
1-2 Tbls. kosher salt
1-2 tsp fresh ground black pepper

Broth:

1 med. onion, peeled & quartered
1 head garlic, sliced horizontal
10 sprigs fresh thyme
1/2 Tbls. black whole peppercorn
1 Tbls. Cayenne
1 Tbls. crushed red pepper
1/4 cup paprika
1/4 cup kosher salt
1/4 cup tomato paste
1 28 oz. can whole tomatoes
6-8 quarts water (roughly)

Dishes/Utensils:

10-quart Dutch oven
8x12 baking pan
fine mesh sieve
6-quart Tupperware
2 slotted spoons

Directions:

- 1) Preheat oven to 350°F. Heavily salt and pepper the brisket.
- 2) In a large skillet, heat the oil until it begins to smoke. Sear the brisket on all sides to a golden color.
- 3) Combine all other ingredients in 10-quart Dutch oven.
- 4) Add the seared brisket, fat side up. Make sure the water is covering the meat. Place lid on securely and bake in center of the oven for 8-10 hours at 300°F.
- 5) Check water level at 6 hours, add more if necessary.
- 6) When the brisket is done, the meat pulls easily with a fork, carefully remove pan from oven.
- 7) Using 2 slotted spoons, remove brisket and place in 8x12 baking pan.
- 8) With a fine mesh sieve, strain the broth (discarding the onions, tomatoes etc.) into a 6-quart container and set aside.
- 9) Using the spoons, clean the brisket by scraping the fat and sinew away from the meat and discarding.
- 10) When cool, cut into bite-size pieces and place in plastic bag. Top with about 1/4 cup of fat (dipped from the top of the beef broth). Refrigerate till needed.
- 11) Refrigerate the broth uncovered over night; a fat layer will form on the top.
- 12) The next day, scoop off the fat layer, cover the broth, and refrigerate.

Both meat and broth can be kept for up to 4 days. Serve heated with your favorite barbeque sauce. The beef both can also be frozen and used as soup stock.

Shrimp and Grits

Please don't use instant grits. Use slow-cooking grits and follow the directions on the package. Ria adds half-and-half towards the end of the cooking to make for a smooth, creamy dish.

Quantity per person:

1 tsp. extra virgin olive oil
2 cloves garlic, sliced
pinch crushed red pepper flakes
½ red pepper, diced
½ poblano pepper, diced
6-8 shrimp
salt and white pepper to taste
6-8 ounces of beef broth (left from Ria's brisket)
1 tsp. maple syrup
1 Tbls. unsalted butter

Directions:

In a sauté pan, heat the olive oil and sauté the garlic, red pepper flakes, and red and poblano peppers. Season the shrimp with salt and pepper and stir into the pan. When the shrimp is done, deglaze the pan with the beef broth and stir in the maple syrup and butter. Serve over grits.