



Mike's E-Meal Newsletter

21 Jun 06

Smoked Texas Brisket
(Serves four)

Smoked Brisket

Slow-smoked brisket is not something you can decide to make when you get home from work and want to eat it the same day! Although the recipe is straight-forward, it takes slow cooking at a low temperature to turn a brisket into a tender piece of beef. Be sure to let the meat rest before trimming and slicing against the grain.

1 (5.8-pound) brisket flat
2 tablespoons Worcestershire sauce
2 tablespoons Louisiana-style hot sauce
4 cups combined mesquite and hickory wood chips
3 cups brisket mop (recipe follows)

Rub:

2 tablespoons cracked black pepper
1 tablespoon brown sugar
1 tablespoon coarse kosher salt
1 tablespoon hot Hungarian paprika
1 tablespoon chili powder
1 teaspoon granulated garlic
1 teaspoon granulated onion
1 teaspoon dried thyme
1 teaspoon dried oregano
1 teaspoon ground cumin

Combine the rub ingredients in a small bowl. Combine the Worcestershire and hot sauce in a small bowl.

Slicing against the grain, cut a small section from the tip end of the brisket. (This slice will show the correct direction to slice the meat after it is cooked.)

Score the brisket's fat pad with a utility knife but do not trim. Using a pastry brush, lightly coat the brisket with the Worcestershire sauce mixture. Sprinkle the rub mixture evenly over both sides of the brisket. Wrap the brisket with food film and marinate, refrigerated, at least 6 hours or up to 2 days.

At least 1 hour before cooking, soak the wood chips in enough water to cover. Remove the meat from the refrigerator and allow the meat to rest at room temperature for 30 minutes.



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Prepare the smoker and stabilize the temperature at 225 degrees F. Drain the wood chips and sprinkle half of the wood chips over the coals. Place the meat on the grill rack, fat side up, over the drip pan. Cover and smoke for 1 hour. After the first hour, mop the top of the brisket, add more wood chips, close the cover and continue cooking for another hour. After the second hour, flip the brisket so the fat side is down and mop again. Close the cover and continue cooking for another 2 hours then flip the brisket again, mop, and continue cooking for total cooking time of about 1 to 1 1/2 to 2 hours per pound or until a meat thermometer registers 180 degrees F. when inserted into the thickest part of the brisket.

Remove the brisket from the smoker. Cover with foil; let stand for 20 minutes before trimming off the fat cap and slicing against the grain.

Brisket Mop

3 cups beef stock (homemade or low-sodium commercial stock)
1/2 cup Worcestershire sauce
1/3 cup canola oil
1/3 cup cider vinegar
2 teaspoons sweet paprika
1 teaspoon coarse kosher salt
1 teaspoon dry mustard
1 teaspoon chili powder
1 teaspoon granulated garlic
1 teaspoon Louisiana-style hot sauce
1 tablespoon soy sauce

In a medium saucepan over medium heat, combine the stock, Worcestershire, oil and vinegar. Add the paprika, salt, dry mustard, chili powder, paprika, granulated garlic, hot sauce and soy sauce. Whisk well to combine. Bring to a boil, reduce heat and simmer for 5 minutes.

Yields about 4 1/4 cups



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Brisket Finishing Sauce

This sauce is good for either a finishing glaze or a table sauce for sliced brisket.

- 4 tablespoons (1/2 stick) unsalted butter
- 1 medium onion, finely chopped (about 1 cup)
- 4 medium cloves garlic, minced (about 3 tablespoons)
- 1/4 cup Worcestershire sauce
- 1/4 cup cider vinegar
- 1/4 cup brown sugar, packed
- 3 tablespoons coarse-grain mustard
- 1 teaspoon celery seed
- 1/2 teaspoon cracked black pepper
- 1/2 teaspoon coarse kosher salt
- 1 cup good-quality ketchup

Heat the butter in a 2 1/2-quart saucepan over medium heat; add the onion and garlic, cook until softened, about 5 minutes. Stir in all the remaining ingredients except the ketchup and bring to a simmer. Cook for 3 minutes. Remove the sauce from the stove and cool slightly.

Using an immersion blender or food processor, process the sauce until smooth. Return the sauce to the stovetop, reduce the heat to low and add the ketchup. Cook the sauce, stirring occasionally, until it thickens, about 10 minutes. Keep the sauce warm.

Yields about 2 cups



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Cooking & Presentation



**Brisket After Cooking On The Smoker For Two Hours
(Notice The Sliced Portion Showing The Grain Direction)**

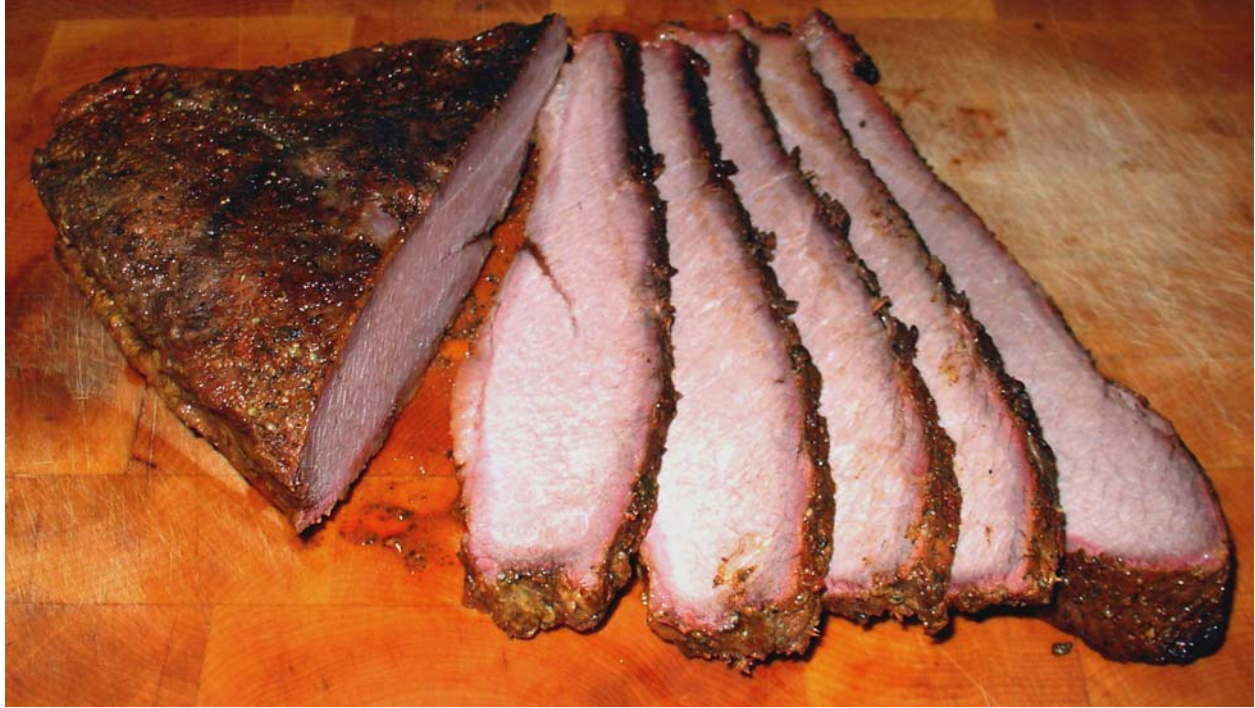


Finished Brisket After Cooking For About 9 1/2 Hours

From The Kitchen Of Michael H. Stines, Ph.B.
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**Sliced Brisket Ready To Be Served
(Note The Smoke Ring Around The Edges)**