

BBQ BRISKET

Time: 18 hours (plus dry brining time – 20 minutes active)

Serves: 12

Ingredients:

6kg beef brisket
60g kosher salt
15g cracked black pepper

Preparation:

Remove any fat from the brisket that is over approximately 5mm thick.

Sprinkle the salt and pepper on both sides and refrigerate overnight (on a rack if possible).

Preheat your smoker to 110C.

Place the brisket on the smoker and cook until the internal temperature reaches 95C (approximately sixteen hours).

Remove the brisket from the smoker and tightly wrap in foil.

Wrap the foiled brisket in towels and place in a portable cooler to keep warm. Let rest for at least two hours.

Unwrap the brisket and slice across the grain. Serve immediately.

Nutritional Information Per Serving:

Calories: 585.9	Hand-Size Portion Guide
Fat: 25.8g	Palms of Protein: 3
Carbs: 0g	Fists of Vegetables: 0
Fibre: 0g	Cupped Hands of Carbs: 0
Protein: 79.7g	Thumbs of fat: 0