

BBQ Brisket

Courtesy of Carole's Creations

Prep Time: 10 minutes

Cooking Time: 4-5 hours

Serves: 4 pounds serves 8 with 1/2 pound per person

CChints: Brisket can be a tuff piece of meat. The rub is designed to help tenderize the meat as it cooks. Save the pan juices for use as a starter for a meat sauce to go over hamburgers or as a base to start a beef soup.



Rub: For 4 pounds of beef

1-1/2 teaspoons salt

1 teaspoon garlic salt

1 teaspoon onion salt

2 teaspoons black pepper

2 teaspoons celery salt

1 teaspoon smoked paprika

2 teaspoons Worcestershire sauce

BBQ Sauce:

1/4 cup sugar

1 cup lite Russian dressing (8 oz.bottle)

1 cup of a honey BBQ sauce

1 large yellow onion, sliced

15 ounce can of Beef broth

Get your butcher to trim most of the fat from the meat on both sides.

Preheat the oven to 350 degrees F. Line a 9x13 pan or boasting pan with foil or a silicone mat for easy clean up.

In a small mixing bowl, combine everything you need for the rub; salt through Worcestershire Sauce. Divide the rub in half and use the backside of a spoon to spread the rub on one side of the meat. Lay the meat in the baking dish, rub side down and spread the rub over the other side of the meat. Bake uncovered for 45 minutes.

After that time, remove the pan from the oven. Slowly pour in the broth and enough water to make the liquid about 1/2 inch deep. Lay the onions on top and cover the pan tightly with foil. Bake for 3 hours or until the meat just begins to become tender.

After the 3 hours, remove the pan from the oven and let sit for 5 minutes. Carefully, because it is very tender, transfer the meat to a cutting board, trim off any excess fat and let it sit for another 10 minutes. During this time, carefully pour the pan drippings into a glass or used open can or container to be thrown away.

To make the BBQ sauce combine the ingredients for the sauce in a bowl and stir well. When the 10 minutes have passed you can slice the meat across the grain in 1/2 – 3/4 inch pieces.

If the foil in the pan is damaged or torn, throw it away and replace it with a new piece. Lay the sliced meat back in the baking pan. Pour the sauce over the meat and use a knife to open the pieces apart so that the sauce can drip down between each slice. Cover with foil again and bake 30 minutes.

Transfer the meat to a large platter and pour the sauce from the pan into a serving bowl. Enjoy!