

Barbecue Beef Brisket

This is a multi-step process, but well worth the effort. By chilling the brisket after cooking, it allows you to remove excess fat, and makes slicing the brisket easier.

Ingredients

- 1 beef brisket, 4 - 4 1/2 pounds
- 2 tablespoons light or dark brown sugar
- 2 teaspoons Worcestershire sauce
- 2 teaspoons freshly ground black pepper
- 1 teaspoon garlic powder
- 1 teaspoon kosher salt
- 1 teaspoon dry mustard
- 1 teaspoon liquid smoke
- 2 medium onions, peeled, cut in 1/4 inch slices
- 1/2 cup lager
- 2 cups (more to taste) Barbecue Sauce

Instructions

1. Trim fat cap on top of brisket to 1/8-inch thickness. Do not remove it all, it helps to keep the brisket tender and moist. Combine the brown sugar, Worcestershire, pepper, garlic powder, salt, dry mustard, and liquid smoke. Rub all over the brisket. If time allows, cover and refrigerate overnight to marinate.
2. Make a single layer of the sliced onions in the bottom of the crock insert of the Cuisinart® Slow Cooker. Add the lager. Place the coated brisket on top. Cover and cook on High for 1 hour, then Low for an additional 6 to 7 hours. Remove the brisket, onions and cooking juices from the slow cooker and place in a shallow pan. Cover and refrigerate.

(Barbecue Beef Brisket Recipe cont.)

3. One hour before serving, remove brisket from refrigerator. Preheat oven to 375°F. Remove hardened fat and discard. Remove brisket from cooking liquid. Strain liquid from onions and reserve for another use (you will have about 2 cups - this may be frozen, it is very good to use in soups); discard onions. Slice meat thinly (1/8-inch thick slices) while cold.* Reassemble and place in roasting pan/baking dish. Spread 2 cups Barbecue Sauce evenly over the reassembled roast. Cover pan with lid or foil and place in preheated oven for 30 to 40 minutes, until heated through. Serve hot.
4. Alternatively the meat can be sliced thickly then shredded using two forks or fingers. Stir in sauce and reheat until it just bubbles to serve. After reheating, the Beef Barbecue may be placed in the Slow Cooker on Low for 1 hour, then on Keep Warm.

Nutritional information per serving:

229 calories (31% from fat) • carb. 14g • pro. 25g • fat 8g • sat. fat 2g • chol. 72mg • sod. 496mg • calc. 38mg • fiber 1g

*Thin slices will be easy to obtain using a Cuisinart® Electric Knife.