

Texas Barbecue Beef Brisket

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Servings: 21

*7 pounds beef brisket, boneless
Oak, pecan, mesquite, or hickory
chips, water soaked 30 minutes
2 teaspoons paprika
1 teaspoon black pepper, divided
Water
1 medium onion, grated
1 tablespoon butter, or margarine
1 1/2 cups catsup
1 tablespoon fresh lemon juice
1 tablespoon worcestershire sauce
1 teaspoon hot pepper sauce*

Preparation Time: 20 minutes

Prepare briquets; add desired wood chips. Trim excess fat from beef brisket. Combine paprika and 1/2 teaspoon pepper; rub evenly over surface of brisket. Place brisket, fat side down, in 11 1/2 x 9-inch disposable aluminum pan. Add 1 cup water. Cover pan tightly with aluminum foil. Place in center of grid over very low coals*. Cover cooker and cook 5 hours, turning brisket over every 1 1/2 hours; remove excess fat from pan with baster as it accumulates. Add additional 1/2 cup water to pan, if needed. Periodically add just enough additional briquets to keep coals at very low temperature. Remove brisket from pan; reserve pan drippings. Place brisket on grid, fat side down, directly over very low coals*. Replace grill cover and continue cooking 30 minutes. Meanwhile skim and discard fat from pan drippings; reserve 1 cup drippings. Melt butter in medium saucepan over medium heat. Add onions; cook until tender-crisp, stirring occasionally. Add reserved pan drippings, remaining 1/2 teaspoon pepper, catsup, lemon juice, worcestershire sauce and pepper sauce; simmer approximately 15 minutes, stirring occasionally. Trim excess fat from brisket; carve brisket across the grain into thin slices. Serve brisket with sauce.

*Coals should be in a single layer with space between each briquet. To check temperature, cautiously hold hand about 4 inches above coals. Very low coals will force removal of hand in 6 to 7 seconds. Water Smoker
Directions: Prepare smoker according to manufacturer's directions. Place beef brisket, fat side up, in center of cooking rack. Cover smoker and smoke-cook at low to moderate temperature 4 1/2 to 5 hours or until tender. A beef brisket will yield three 3-ounce cooked, trimmed servings per pound.*

Per Serving (excluding unknown items): 297 Calories; 15g Fat (46.5% calories from fat); 33g Protein; 6g Carbohydrate; trace Dietary Fiber; 106mg Cholesterol; 302mg Sodium. Exchanges: 0 Grain(Starch); 4 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 1/2 Other Carbohydrates.