

Thom's Beef Brisket Barbecue

Servings: 6

5 pounds boneless beef brisket, well-trimmed

1 1/2 teaspoons salt

1/2 cup catsup

1/4 cup vinegar

1/2 cup onion, finely chopped

1 tablespoon Worcestershire sauce

1 1/2 teaspoons liquid smoke

1 bay leaf, crumbled

1/4 teaspoon pepper

Cuisine: Beef

Rub meat with salt. Place on 20x15-inch piece of double thickness heavy-duty aluminum foil. Stir together remaining ingredients; pour on meat. Fold foil over meat and seal securely. Place on grill 5 inches from medium coals. Cook, turning once 1 1/2 hours or until meat is tender.

The barbecue was brought to Virginia in 1700 from Haiti, but soon became a Southwest favorite. The word could mean "from snout to tail" as in roast pig or "a framework of sticks" as in grill.

Per Serving (excluding unknown items): 30 Calories; trace Fat (2.4% calories from fat); 1g Protein; 8g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 795mg Sodium. Exchanges: 0 Grain(Starch); 0 Vegetable; 0 Fat; 1/2 Other Carbohydrates.