

BBQ Beef Brisket

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



738 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups beef
- ☐ 12 pound brisket whole
- ☐ 2 teaspoons peppercorns black crushed
- ☐ 0.5 pound brown sugar
- ☐ 5 tablespoons dijon mustard
- ☐ 4 teaspoons sea salt
- ☐ 2 cups catsup
- ☐ 4 teaspoons kosher salt

- ☐ 0.7 cups blackstrap molasses
- ☐ 1 tablespoon tomato paste
- ☐ 2 cups tomatoes diced
- ☐ 1.3 cups vinegar white

Equipment

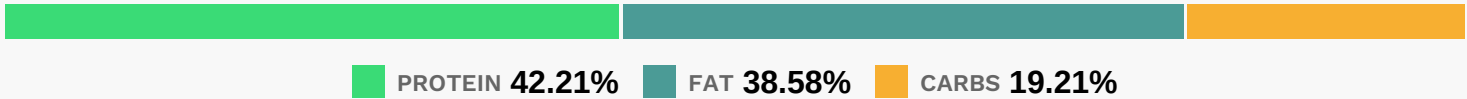
- ☐ whisk
- ☐ pot
- ☐ plastic wrap
- ☐ kitchen thermometer
- ☐ immersion blender
- ☐ cutting board

Directions

- ☐ Pat the brisket dry with a towel to remove any moisture. Generously rub the brisket with 1 cup of the BBQ Beef Coffee Cure, massaging all the spice into the meat; repeat with the remaining cure. The cure will soak up the liquid from the beef and form a crust.
- ☐ Place the meat on a large plate, cover with plastic wrap, and marinate in the refrigerator for at least 2 hours.
- ☐ Prepare a smoker for hot smoking. The standard cooking time for brisket is 1 hour per pound, smoked fat side up, under dry, indirect heat at a steady temperature of 225°F.
- ☐ Place the brisket on the center rack of the smoker and smoke for 12 hours. This is slow cooking at its easiest—there's no need to check the meat at intervals.
- ☐ After 12 hours, use a meat thermometer to check for an internal temperature of 185°F in the thickest side of the brisket. Once that temperature is reached, open the door of the smoker and let the meat rest for 30 minutes. This resting period allows the juices to settle. The internal temperature will continue to rise to 190°F.
- ☐ Combine the ketchup, tomatoes, tomato paste, vinegar, mustard, granulated garlic, salt, pepper, and brown sugar with 1 1/3 cups water in a large stockpot over medium heat. Simmer for 20 minutes, stirring, until the sauce thickens slightly.
- ☐ Whisk in the molasses last (it will burn if added too early) and blend with an immersion blender until smooth. Season to taste.

- ☐
- Transfer the rested brisket to a cutting board, slice, and chop. The fully rested meat will have a distinct crust and will be tender and juicy inside. There should be a pink smoke ring beneath the crust.
- ☐
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Nutrition Facts



Properties

Glycemic Index:15.38, Glycemic Load:4.98, Inflammation Score:-6, Nutrition Score:35.970869134302%

Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 738.34kcal (36.92%), Fat: 30.97g (47.64%), Saturated Fat: 11g (68.77%), Carbohydrates: 34.68g (11.56%), Net Carbohydrates: 33.92g (12.33%), Sugar: 31.34g (34.82%), Cholesterol: 230.89mg (76.96%), Sodium: 1211.61mg (52.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 76.23g (152.47%), Vitamin B12: 8.87µg (147.81%), Zinc: 16.03mg (106.9%), Selenium: 64.85µg (92.64%), Vitamin B6: 1.7mg (85.06%), Vitamin B3: 15.35mg (76.74%), Phosphorus: 756.13mg (75.61%), Iron: 8.21mg (45.6%), Potassium: 1584.85mg (45.28%), Vitamin B2: 0.68mg (40.01%), Magnesium: 128.65mg (32.16%), Vitamin B1: 0.38mg (25.44%), Manganese: 0.44mg (21.93%), Copper: 0.42mg (21.05%), Vitamin B5: 1.52mg (15.23%), Vitamin E: 1.81mg (12.08%), Folate: 32.31µg (8.08%), Vitamin K: 8.39µg (7.99%), Calcium: 76.96mg (7.7%), Vitamin A: 330.63IU (6.61%), Vitamin C: 4.03mg (4.88%), Fiber: 0.76g (3.05%)