



WHATSheATE



HEALTH SCORE

55%

Smoked Adobo Marinated Brisket Tortas with Horseradish Crema and Caramelized Onion-Tomato Relish

READY IN



1460 min.

SERVINGS



8

CALORIES



1142 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons ancho chile powder
- ☐ 4 cups apple juice
- ☐ 6 pound brisket whole with 1/4-inch layer of fat on top
- ☐ 0.3 cup canola oil plus more for grilling rolls
- ☐ 3 tablespoons canola oil
- ☐ 3 tablespoons pasilla chile powder
- ☐ 2 tablespoons chipotle puree

- ☐ 2 tablespoons brown sugar dark
- ☐ 0.3 cup cilantro leaves fresh finely chopped
- ☐ 0.3 cup cilantro leaves fresh
- ☐ 2 cloves garlic finely chopped
- ☐ 12 cloves garlic chopped
- ☐ 1 pint grape tomatoes cored
- ☐ 0.3 cup horseradish prepared drained
- ☐ 1 head iceberg lettuce shredded finely
- ☐ 1 jalapeño diced finely
- ☐ 8 servings kosher salt and pepper black freshly ground
- ☐ 2 cups crema mexicana
- ☐ 2 large onions spanish halved thinly sliced
- ☐ 1 orange zest freshly squeezed
- ☐ 6 plum tomatoes halved
- ☐ 0.5 cup queso fresco
- ☐ 0.3 cup red wine vinegar
- ☐ 8 rolls white soft
- ☐ 8 servings sugar

Equipment

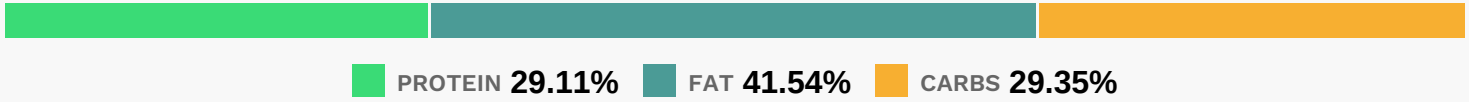
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ grill
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Combine the garlic, grilled tomatoes, orange zest and juice, cilantro, oil, vinegar, chile powders, chipotle puree and sugar in a food processor and process until smooth.
- ☐ Place the brisket in a large disposable pan, add the marinade and turn to coat. Cover and refrigerate for at least 4 hours and up to 24 hours.
- ☐ Remove the brisket from the marinade 1 hour before putting on the smoker.
- ☐ Remove the grill grate and ceramic plate from the cooker.
- ☐ Add the hot hardwood charcoal and scatter the soaked wood chips over the top. Adjust the cooker to maintain a temperature of 225 to 250 degrees F. This temperature should be maintained throughout the entire smoke. Put on the ceramic plate. Put a pan with some of the apple juice on the plate, and then put on the grill grate.
- ☐ Sprinkle the brisket on both sides with salt and pepper.
- ☐ Place the brisket, fat-side up, on your smoker grate and close it up for the long smoke.
- ☐ Open your barbecue smoker every hour or two and spray the brisket liberally with apple juice to help keep the meat from drying out.
- ☐ Once the internal temperature reaches 165 to 170 degrees F on a meat thermometer, after about 7 hours at the lower temperature range, the meat starts to get tender. At this point, wrap the brisket in foil this little trick is a big help in getting the meat tender, especially for beginners. Continue to cook until the meat reaches an internal temperature of 190 degrees F, 1 to 2 more hours.
- ☐ Remove and let rest for 20 minutes before slicing.
- ☐ Remove the foil from the brisket over a large pan or disposable pan and reserve the liquid. Slice or shred the brisket. Toss in the reserved liquid.
- ☐ To make the sandwiches: Split the rolls in half, oil the cut sides lightly, season with salt and pepper and grill, cut-side down, until lightly toasted.
- ☐ Spread some Horseradish Crema on the bun tops and bottoms. Top the bottoms with some of the meat, then some Caramelized Onion-Tomato Relish, then some lettuce. Top with the bun top and serve.
- ☐ Whisk together the crema, queso fresco and horseradish in a small bowl. Season with salt and pepper. Cover and refrigerate for at least 30 minutes to allow the flavors to meld.
- ☐ Heat the oil in a large saute pan over medium heat.
- ☐ Add the onions and slowly cook until caramelized, about 30 minutes, stirring occasionally.
- ☐ Add the tomatoes and cook until they just begin to break down.

- ☐
- Add the garlic and jalapeno and cook for 1 minute.
- ☐
- Add the vinegar and a pinch of sugar and cook for 2 minutes. Season with salt and pepper.
- ☐
- Transfer the onions to a bowl and add the cilantro.
- ☐
- Let sit at room temperature for 30 minutes to allow the flavors to meld.

Nutrition Facts



Properties

Glycemic Index:74.23, Glycemic Load:40.31, Inflammation Score:-10, Nutrition Score:50.634347630584%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg Epicatechin: 5.84mg, Epicatechin: 5.84mg, Epicatechin: 5.84mg, Epicatechin: 5.84mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 10.63mg, Quercetin: 10.63mg, Quercetin: 10.63mg, Quercetin: 10.63mg

Nutrients (% of daily need)

Calories: 1142kcal (57.1%), Fat: 52.52g (80.8%), Saturated Fat: 10.87g (67.95%), Carbohydrates: 83.5g (27.83%), Net Carbohydrates: 76.09g (27.67%), Sugar: 40.69g (45.21%), Cholesterol: 247.45mg (82.48%), Sodium: 969.42mg (42.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 82.8g (165.6%), Vitamin B12: 8.39µg (139.91%), Iron: 19.37mg (107.6%), Zinc: 15.57mg (103.83%), Vitamin B6: 2mg (99.8%), Vitamin A: 4522.32IU (90.45%), Selenium: 59.52µg (85.03%), Phosphorus: 808.78mg (80.88%), Vitamin B3: 15.13mg (75.65%), Potassium: 1912.08mg (54.63%), Vitamin B2: 0.88mg (51.78%), Vitamin K: 44.92µg (42.78%), Vitamin C: 30.27mg (36.69%), Vitamin E: 5.21mg (34.75%), Manganese: 0.65mg (32.75%), Vitamin B1: 0.49mg (32.65%), Magnesium: 123.47mg (30.87%), Fiber: 7.4g (29.61%), Calcium: 236.38mg (23.64%), Copper: 0.47mg (23.38%), Folate: 84.95µg (21.24%), Vitamin B5: 1.66mg (16.64%), Vitamin D: 0.21µg (1.37%)