



Smoked Cider Brisket

 Gluten Free

READY IN



620 min.

SERVINGS



8

CALORIES



160 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup apple cider
- ☐ 4 cups apple cider
- ☐ 1 tablespoon apple cider vinegar
- ☐ 2 bay leaves
- ☐ 5 to pound brisket
- ☐ 1 tablespoon pepper black freshly ground
- ☐ 1 tablespoon peppercorns black
- ☐ 2 tablespoons butter

- ☐ 0.5 cup kosher salt
- ☐ 1 tablespoon kosher salt
- ☐ 8 servings kosher salt and pepper black freshly ground
- ☐ 0.3 cup blackstrap molasses light
- ☐ 1 tablespoon onion powder
- ☐ 1 tablespoon paprika
- ☐ 8 servings hickory chips for smoking
- ☐ 0.3 cup sugar
- ☐ 1 tablespoon sugar
- ☐ 12 cups water cold
- ☐ 2 tablespoons grain mustard whole

Equipment

- ☐ bowl
- ☐ paper towels
- ☐ sauce pan
- ☐ grill
- ☐ aluminum foil
- ☐ dutch oven

Directions

- ☐ Soak the hickory chips in water for 1 hour before grilling.
- ☐ Combine the apple cider and water in a large, oval Dutch oven.
- ☐ Add the salt and sugar and stir until it dissolves.
- ☐ Add the black peppercorns and bay leaves.
- ☐ Add the brisket and let soak in the brine solution for up to 3 hours in the refrigerator.
- ☐ Combine the salt, paprika, pepper, sugar, and onion powder together in a bowl.
- ☐ Add all the ingredients to a saucepan and simmer for 5 minutes so the butter can melt and the flavors can marry.

- ☐ For the brisket: Set up your smoker with charcoal and hickory chips using indirect heat.
- ☐ Heat the grill to 275 degrees F.
- ☐ Remove the brisket from the fridge.
- ☐ Drain from the brine and pat dry with paper towels.
- ☐ Place on a rimmed sheet tray. Rub the brisket with the spice mixture.
- ☐ Place the seasoned brisket fat cap side up on the grill and smoke for 2 hours with the grill lid covered. (Starting with the fat cap side up allows the fat to melt into the brisket, adding moisture and flavor.) Flip and smoke 2 more hours. Check and refill charcoal levels and hickory chips throughout the smoking process, keeping the temperature at a constant 275 degrees F.
- ☐ Remove the brisket from the grill and wrap in a double layer of heavy-duty aluminum foil.
- ☐ Place back on the grill for 1 1/2 more hours.
- ☐ Remove the brisket from the grill, unwrap the foil, brush the brisket with sauce (or serve on the side), tent with foil, and let rest for 30 minutes before slicing across the grain.
- ☐ Drizzle more sauce when serving.

Nutrition Facts



Properties

Glycemic Index:70.38, Glycemic Load:15.01, Inflammation Score:-5, Nutrition Score:5.4434781994509%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Catechin: 1.57mg, Catechin: 1.57mg, Catechin: 1.57mg, Catechin: 1.57mg Epicatechin: 5.91mg, Epicatechin: 5.91mg, Epicatechin: 5.91mg, Epicatechin: 5.91mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

Nutrients (% of daily need)

Calories: 160.2kcal (8.01%), Fat: 3.55g (5.46%), Saturated Fat: 1.95g (12.19%), Carbohydrates: 32.8g (10.93%), Net Carbohydrates: 31.37g (11.41%), Sugar: 27.89g (30.99%), Cholesterol: 7.91mg (2.64%), Sodium: 8043.03mg (349.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.91g (1.81%), Manganese: 0.59mg (29.63%), Magnesium: 43.96mg (10.99%), Vitamin A: 535.39IU (10.71%), Potassium: 352.99mg (10.09%), Copper: 0.17mg (8.65%), Iron: 1.24mg (6.9%), Vitamin B6: 0.13mg (6.59%), Calcium: 65.59mg (6.56%), Fiber: 1.43g (5.73%), Selenium: 3.77µg (5.39%), Vitamin K: 4.49µg (4.27%), Vitamin B1: 0.05mg (3.23%), Phosphorus: 28.02mg (2.8%),

Vitamin E: 0.39mg (2.58%), Vitamin B2: 0.04mg (2.55%), Vitamin B5: 0.23mg (2.27%), Vitamin B3: 0.37mg (1.87%),
Zinc: 0.27mg (1.8%), Vitamin C: 1.43mg (1.73%)