



Southern-Style Brisket

 Dairy Free

READY IN



315 min.

SERVINGS



8

CALORIES



384 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup apple cider vinegar
- ☐ 3 pounds point-end brisket with 1/4-inch-thick fat cap
- ☐ 8 servings pepper black freshly ground
- ☐ 1 teaspoon cayenne pepper
- ☐ 1 tablespoon chili powder
- ☐ 2 teaspoons chili powder
- ☐ 0.3 cup brown sugar dark packed
- ☐ 2 teaspoons brown sugar dark packed

- ☐ 3 cloves garlic finely chopped
- ☐ 0.3 teaspoon ground allspice
- ☐ 0.8 cup catsup
- ☐ 8 servings kosher salt and pepper black freshly ground
- ☐ 0.3 cup juice of lemon fresh 2 to 3 lemons
- ☐ 2 teaspoons ground mustard
- ☐ 2 tablespoons vegetable oil
- ☐ 0.3 cup worcestershire sauce
- ☐ 3 tablespoons mustard yellow

Equipment

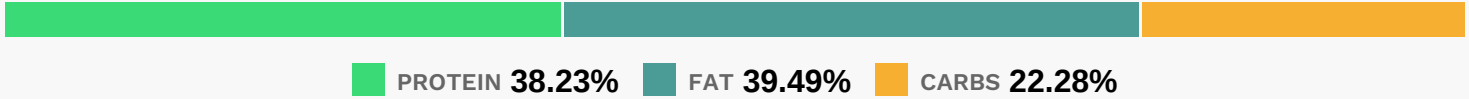
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ whisk
- ☐ grill
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Combine the chili powder, mustard powder, brown sugar, cayenne, 2 teaspoons salt and 1/2 teaspoon black pepper. Rub on the brisket, cover and refrigerate overnight.
- ☐ Remove the brisket from the refrigerator about 1 hour before cooking and let sit at room temperature. Soak a few handfuls of mesquite or hickory wood chips in water 30 minutes; drain.
- ☐ Preheat a grill to low, then prepare for indirect heat: For a gas grill, turn off the burners on one side; put the wood chips in a smoker box and position under the grate over the heated burners. For a charcoal grill, push the coals to one side; once the temperature registers 200 degrees F (you should be able to hold your hand 5 inches from the coals for 6 seconds),

- scatter the wood chips on top. Position a drip pan under the grate on the cooler side of the grill.
- ☐ Put the brisket fat-side up on the grill above the drip pan. Cover and grill, undisturbed, until a thermometer inserted into the thickest part registers 185 degrees F to 200 degrees F, 3 hours, 30 minutes to 5 hours. If using a charcoal grill, leave the vents nearly closed and scatter 6 to 8 unlit charcoal briquettes and a handful of prepared wood chips on top of the lit coals every 45 minutes to 1 hour.
 - ☐ Remove the brisket from the grill, wrap in foil and let rest at least 30 minutes.
 - ☐ Pour the drippings from the drip pan into a bowl and let cool completely.
 - ☐ Heat the vegetable oil in a medium saucepan over medium heat.
 - ☐ Add the garlic and cook, stirring, 30 seconds.
 - ☐ Add the chili powder and cook, stirring, until brick red, about 30 seconds. Stir in 1 1/2 cups water, the vinegar, ketchup, lemon juice, Worcestershire sauce, brown sugar, mustard, allspice and 3/4 teaspoon black pepper. Bring to a low simmer and cook, stirring occasionally, until slightly thickened, 45 to 55 minutes.
 - ☐ Remove from the heat and let cool slightly.
 - ☐ Whisk the reserved drippings, then whisk 1 to 2 tablespoons into the barbecue sauce. Thinly slice the brisket against the grain.
 - ☐ Serve with the barbecue sauce.
 - ☐ Dry cast-iron pans thoroughly with paper towels after washing to keep them from rusting.
 - ☐ Photograph by Kana Okada

Nutrition Facts



Properties

Glycemic Index:26.63, Glycemic Load:0.26, Inflammation Score:-6, Nutrition Score:20.216521822888%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.25mg, Quercetin: 0.25mg,

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Nutrients (% of daily need)

Calories: 384.17kcal (19.21%), Fat: 16.63g (25.58%), Saturated Fat: 5.01g (31.29%), Carbohydrates: 21.12g (7.04%), Net Carbohydrates: 20.04g (7.29%), Sugar: 16.41g (18.23%), Cholesterol: 105.46mg (35.15%), Sodium: 578.37mg (25.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.22g (72.45%), Vitamin B12: 4.13µg (68.89%), Zinc: 7.56mg (50.41%), Selenium: 31.72µg (45.31%), Vitamin B6: 0.82mg (40.84%), Phosphorus: 375.19mg (37.52%), Vitamin B3: 7.39mg (36.94%), Iron: 4.54mg (25.2%), Potassium: 810.8mg (23.17%), Vitamin B2: 0.37mg (21.53%), Vitamin B1: 0.2mg (13.65%), Vitamin A: 679.54IU (13.59%), Magnesium: 54.05mg (13.51%), Vitamin E: 1.87mg (12.47%), Manganese: 0.22mg (11.1%), Vitamin K: 11.5µg (10.95%), Copper: 0.22mg (10.8%), Vitamin C: 6.98mg (8.46%), Vitamin B5: 0.68mg (6.76%), Calcium: 48.29mg (4.83%), Folate: 18.96µg (4.74%), Fiber: 1.08g (4.31%)