

Southwestern Barbecued Brisket with Ancho Chile Sauce



Ingredients

6 servings ancho chili pepper
2 teaspoons ancho chili powder
4 teaspoons kosher salt
5 pound flat parsely with 1/4- to 1/2-inch layer of fat on 1 side (also called first-cut)
1 tablespoon brown sugar packed ()
1 teaspoon sea salt
1 teaspoon ground cumin

	1 teaspoon pepper black
	1 teaspoon paprika
Εq	uipment
	bowl
	frying pan
	baking sheet
	loaf pan
	grill
	kitchen thermometer
	aluminum foil
Di	rections
	Mix first 7 ingredients in small bowl. Rub spice blend over brisket. Wrap brisket in plastic; refrigerate at least 2 hours andup to 24 hours.
	Remove top rack from barbecue. Prepare barbecue(low heat). Light briquettes in chimney; pour onto 1 side of lower grill rack (you'll need to light more briquettes in chimney to replenish 2 or 3 more times during grilling).
	Drain 2 cups wood chips. Scatter 2 cups wood chips over coals. Return grill rack to barbecue
	Heat barbecue to 300°F.
	Remove top rack from barbecue. Prepare barbecue (low heat). If using 2-burner grill, light 1 burner. If using 3-burner grill, do not light center burner.
	Drain 2 cups wood chips. Stack 2 mini loaf pans (one inside the other); fill with 1 cup wood chips. Stack remaining loaf pans; fill with 1 cup wood chips.
	Place pans over flame (if using 3-burner grill, place both pans on 1 lit side). Return rack to barbecue.
	Heat barbecue to 300°F. (If temperature rises too high on 3-burner grill, turn off burner without chips.)
	Unwrap brisket and arrange fat side up in 11 $3/4 \times 8 1/2 \times 11/4$ -inch aluminum pan; place pan over unlit part of barbecue. Cover barbecue. Cook brisket until instant-read thermometer inserted into center registers160°F, adjusting vents or adding more charcoal as needed (if

Nutrition Facts
* Available in the spice section of many supermarkets and at Latin markets.
Serve with any remaining juices and Ancho Chile Sauce.
Brush brisket with some of juices.
Place brisket on work surface. Thinly slice brisket across grain; transfer to platter.
Transfer juices to small pitcher.
Carefully unwrap brisket, saving any juices in foil.
Let rest at least 1 hour and up to 2 hours.
Transfer brisket in pan to rimmed baking sheet.
Place in clean 11 $3/4 \times 8 1/2 \times 11/4$ -inch aluminum pan. Return to grill over unlit side, maintaining temperature inside grill at 250°F, until instant-read thermometer inserted into thickest part of center of brisket registers 190°F, about 11/2 hours longer.
Remove pan with brisket. Discard pan and juices. Wrap brisket tightly in 2 wide sheets of heavy-duty foil.
using charcoal grill) or adjusting gas levels (if using gas grill) to maintain temperature inside barbecue grill at 250°F, about 31/2 hours. Baste brisket occasionally with pan juices and add more drained wood chips as needed.

Properties

Glycemic Index:25.67, Glycemic Load:196.23, Inflammation Score:-7, Nutrition Score:22.984347838423%

PROTEIN 13.39% FAT 4.17% CARBS 82.44%

Nutrients (% of daily need)

Calories: 1056.88kcal (52.84%), Fat: 4.82g (7.42%), Saturated Fat: 0.67g (4.19%), Carbohydrates: 214.44g (71.48%), Net Carbohydrates: 205.32g (74.66%), Sugar: 2.45g (2.73%), Cholesterol: Omg (0%), Sodium: 3589.92mg (156.08%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 34.82g (69.64%), Manganese: 1.91mg (95.34%), Vitamin B1: 1.02mg (67.83%), Vitamin B3: 8.32mg (41.6%), Phosphorus: 375.63mg (37.56%), Fiber: 9.12g (36.46%), Calcium: 336.08mg (33.61%), Copper: 0.66mg (32.92%), Iron: 5.85mg (32.49%), Magnesium: 103.14mg (25.79%), Vitamin B2: 0.39mg (23.03%), Folate: 91.92µg (22.98%), Zinc: 3.27mg (21.79%), Vitamin B5: 1.54mg (15.35%), Potassium: 512.23mg (14.64%), Vitamin A: 632.78IU (12.66%), Vitamin B6: 0.17mg (8.46%), Vitamin E: 0.4mg (2.67%), Vitamin K: 2.62µg (2.5%)