



Southwestern Barbecued Brisket with Ancho Chile Sauce



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



1057 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 servings ancho chili pepper
- ☐ 2 teaspoons ancho chili powder
- ☐ 4 teaspoons kosher salt
- ☐ 5 pound flat parsley 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

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ loaf pan
- ☐ grill
- ☐ kitchen thermometer
- ☐ aluminum foil

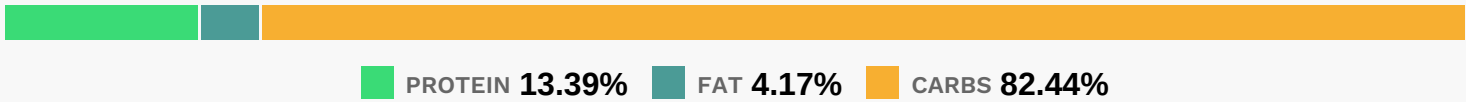
Directions

- ☐ Mix first 7 ingredients in small bowl. Rub spice blend over brisket. Wrap brisket in plastic; refrigerate at least 2 hours and up 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 x 8 1/2 x 1 1/4-inch aluminum pan; place pan over unlit part of barbecue. Cover barbecue. Cook brisket until instant-read thermometer inserted into center registers 160°F, adjusting vents or adding more charcoal as needed (if

using charcoal grill) or adjusting gas levels (if using gas grill) to maintain temperature inside barbecue grill at 250°F, about 3 1/2 hours. Baste brisket occasionally with pan juices and add more drained wood chips as needed.

- ☐ Remove pan with brisket. Discard pan and juices. Wrap brisket tightly in 2 wide sheets of heavy-duty foil.
- ☐ Place in clean 11 3/4 x 8 1/2 x 1 1/4-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 1 1/2 hours longer.
- ☐ Transfer brisket in pan to rimmed baking sheet.
- ☐ Let rest at least 1 hour and up to 2 hours.
- ☐ Carefully unwrap brisket, saving any juices in foil.
- ☐ Transfer juices to small pitcher.
- ☐ Place brisket on work surface. Thinly slice brisket across grain; transfer to platter.
- ☐ Brush brisket with some of juices.
- ☐ Serve with any remaining juices and Ancho Chile Sauce.
- ☐ * Available in the spice section of many supermarkets and at Latin markets.

Nutrition Facts



Properties

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

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: 0mg (0%), Sodium: 3589.92mg (156.08%), Alcohol: 0g (100%), Alcohol %: 0% (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%)