



Wood Chick's BBQ Smoked Beef Brisket

READY IN



955 min.

SERVINGS



12

CALORIES



722 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon allspice
- ☐ 8 pounds brisket
- ☐ 12 ounces beer
- ☐ 2 tablespoons butter
- ☐ 2 teaspoons chili powder
- ☐ 0.3 cup chili sauce
- ☐ 0.8 cup cider vinegar
- ☐ 0.8 cup brown sugar dark
- ☐ 1 tablespoon mustard dry

- ☐ 1 teaspoon garlic powder
- ☐ 0.3 teaspoon ground pepper black
- ☐ 1 teaspoon coarsely ground pepper black
- ☐ 2 teaspoons ground pepper black
- ☐ 0.5 cup honey
- ☐ 0.5 teaspoon hot sauce
- ☐ 1 cup catsup
- ☐ 3 tablespoons juice of lemon
- ☐ 3 tablespoons maple syrup
- ☐ 0.5 cup onions finely chopped
- ☐ 1 tablespoon paprika
- ☐ 1 tablespoon bbq rub dry
- ☐ 12 servings bbq rub dry your favorite
- ☐ 0.3 teaspoon sea salt
- ☐ 1 cup tomato sauce
- ☐ 0.3 cup vegetable oil
- ☐ 0.3 cup water
- ☐ 1 cup vinegar white
- ☐ 2 tablespoons worcestershire sauce
- ☐ 3 tablespoons worcestershire sauce
- ☐ 1 cup mustard yellow

Equipment

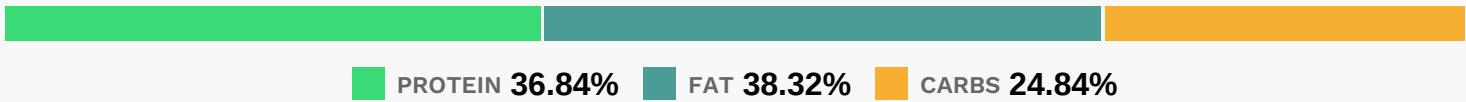
- ☐ sauce pan
- ☐ aluminum foil

Directions

- ☐ Special equipment: 6 cups hickory chips
- ☐ Preheat charcoal smoker for half an hour. Soak the hickory chips for half an hour in water.

- ☐ Drain.
- ☐ Trim fat on brisket to 1/4-inch thickness.
- ☐ Sprinkle brisket generously with the dry rub. Wrap in plastic and refrigerate overnight.
- ☐ Remove the brisket from refrigerator 1 hour prior to cooking and let stand at room temperature. Mop the entire brisket with Mustard Sauce.
- ☐ Place brisket fat side up in a smoker at a preheated temperature of 200 to 225 degrees F.
- ☐ Add 3 handfuls of pre-soaked hickory chips to preheated charcoal (should be at the gray stage). After 3 hours, add another 3 handfuls of chips and mop with Beer Based Mop Sauce.
- ☐ After 2 more hours, place brisket on 2 pieces of heavy-duty foil and pour 1/4 cup Beer Based Mop Sauce on top of brisket and seal tightly. Continue to cook in smoker another 2 to 4 hours, or until internal temperature reaches 185 degrees F.
- ☐ Remove brisket from foil and let stand 15 minutes. Slice brisket against the grain into 1/4-inch thickness. Top with Brisket BBQ Sauce.
- ☐ Mix all ingredients in a medium saucepan. Reduce heat to low and simmer for 10 minutes.
- ☐ Mix all ingredients in a medium saucepan. Reduce heat to low and simmer for 10 minutes.
- ☐ In a medium to large saucepan, saute the onions in the butter over medium heat until soft.
- ☐ Add remaining ingredients. Bring mixture to a boil over medium high heat. Reduce heat to low and simmer for 20 minutes.

Nutrition Facts



Properties

Glycemic Index:42.02, Glycemic Load:8.43, Inflammation Score:-7, Nutrition Score:35.744782820992%

Flavonoids

Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg,

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Nutrients (% of daily need)

Calories: 722.47kcal (36.12%), Fat: 30.09g (46.29%), Saturated Fat: 9.92g (61.98%), Carbohydrates: 43.88g (14.63%), Net Carbohydrates: 41.44g (15.07%), Sugar: 35.58g (39.54%), Cholesterol: 192.5mg (64.17%), Sodium: 1021.55mg (44.42%), Alcohol: 1.11g (100%), Alcohol %: 0.28% (100%), Protein: 65.09g (130.18%), Vitamin B12: 7.36µg (122.63%), Zinc: 13.53mg (90.21%), Selenium: 59.24µg (84.62%), Vitamin B6: 1.44mg (71.94%), Phosphorus: 672.8mg (67.28%), Vitamin B3: 13.09mg (65.46%), Iron: 8.2mg (45.55%), Vitamin B2: 0.69mg (40.34%), Potassium: 1352.85mg (38.65%), Vitamin K: 34.96µg (33.29%), Manganese: 0.63mg (31.58%), Magnesium: 103.5mg (25.87%), Vitamin B1: 0.38mg (25.65%), Copper: 0.38mg (19.08%), Vitamin E: 2.57mg (17.17%), Vitamin A: 773.44IU (15.47%), Vitamin B5: 1.28mg (12.8%), Fiber: 2.44g (9.78%), Calcium: 97.75mg (9.77%), Folate: 36.54µg (9.13%), Vitamin C: 7mg (8.49%)