

Red Eye Brisket

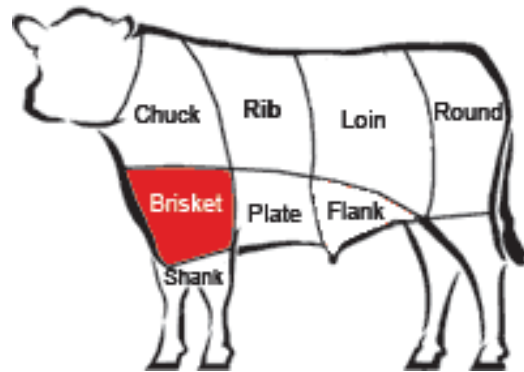
Low and Slow or Hot and Fast



- Beef Brisket
- • Choices
- #1. Packer (Whole Brisket)



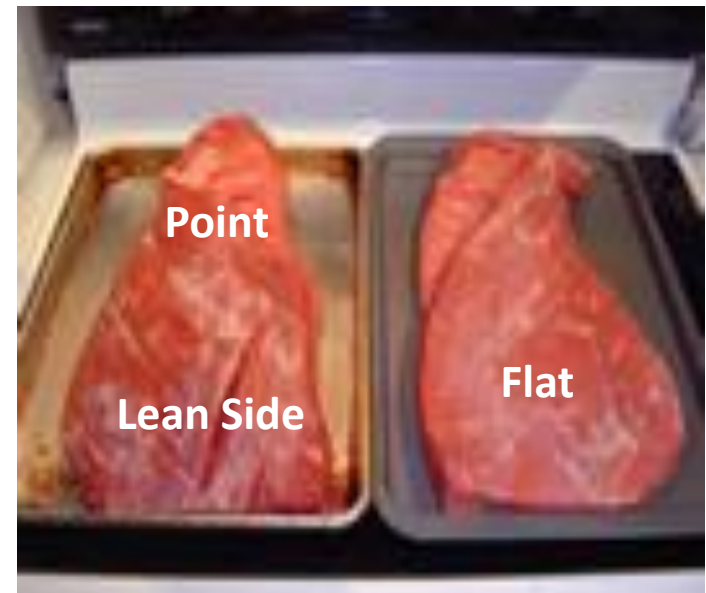
- 11-14 pounds
- Choice/Premium/CAB
- Look for good marbling
- Thicker is better



- #2. Flat (My Choice)



- 6-8 pound
- Choice/Prime/ CAB
- Look for good marbling
- Thicker is better



- • **Aging**
- – 30-45 days
- – 34-38 degree temperature. Use only commercial refrigerator
- – Will smell at opening, rinse with cold water and it will be OK.
- • **Trimming**
- – Excessive fat or discolored meat
- – Deckle on the whole brisket
- • **Seasoning**
- – Olive Oil, Seasoned Oil, Liquid Butter, or Vegetable Spray
- – Injections: Marinades, Juices, Sauces, FAB.
- – Rubs: There are many different rubs. Some popular rubs include: Smokin Guns Hot, Obie-Ques Dbl strength garlic pepper , Harleys Seasoning, Lowreys seasoning salt.
- • **Wood flavors**
- – Cherry
- – **Hickory**
- – **Mesquite**
- – Pecan
- • **Temperature**
- – 225-250 degrees (low and slow) or 350 degrees (hot and fast)
- • **Placement**
- – Fat side down (my preference)
- • **Foiling**
- – After cooking 3 hrs. add flavors?
- – May use foil pan to save juices
- • **Cooking Times Low & Slow**
- – Goal is to reach 187-195 degrees internal temperature, Whole packers 8-9 hrs., Flats 5-6 hrs.
- – Hold in cooler or Cambro
- • Let it rest at least 30 minutes before slicing, keep above 140 degrees
- • **Slicing and Serving**
- – Across the grain
- – Point chopped in cubes for burnt ends
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Andy's Marinade and Sauce

- **Brisket Injection and Marinade:**

- 32 oz bottled water
- 2 tbsp Minor's All Natural Beef Base (soupbase.com)
- 2 tbsp Minor's Beef Au Jus (soupbase.com)
- 1 cup Head Country Marinade (headcountry.com)
- 2 tbsp mesquite liquid smoke (Hy-Vee, Cub Foods, Wal-Mart)
- Bring to slow boil and mix well, cool before use.

- **Barbecue Sauce:**

- Sauce/glaze (for 1 contest - 2 brisket, 24 chicken thighs, 6 slabs of ribs, 4 butts):
- 1 cup ketchup
- 1 cup maple syrup
- 1 cup honey
- 3 cups BBQ sauce (Head Country Barbecue Sauce-<http://www.headcountry.com>)
- ½ cup Balsamic Vinegar
- 3 tsp hickory liquid smoke
- 1 cup dark brown sugar
- 1 stick real butter
- Bring to slow boil and mix well, cool before use.

Andy's Brisket Rub

- Pat dry and Rub with olive oil.
- Sprinkle with Rub.
- ¼ cup Kosher Salt
- ¼ cup Black Pepper
- ¼ cup Paprika
- ¼ cup Turbinano Sugar
- ¼ cup Granulated Garlic
- 2- tablespoons Chili Powder
- 1- teaspoon Cayenne
- Apply 45 minutes before cooking.



