

What's Cooking at CAB

by the culinary staff at Certified Angus Beef LLC

Simple tips for smoked brisket

Slow and fork-tender smoked brisket has gained fame across the country as a barbecue favorite, and the claim to fame for many renowned pitmasters. As summer heats up, here are some tips for making mouthwatering brisket on your grill at home.

It's all in the beef

Looking to achieve restaurant-quality results? It's important to start with the same high-quality beef. The brisket should be highly marbled, full of those little flecks of flavor within the meat that will melt when cooked low and slow, "basting" it from the inside out and ensuring maximum flavor.

Once you select the perfect brisket, it's time to consider technique. Authentic smoked brisket can be achieved on any grill with the addition of a smoker box. This inexpensive metal box is perforated with holes, which allow wood chips to release smoke when heated. Be sure to fill the box with wood chips soaked with water, place it on or near the heat and keep the grill temperature on the cool side, between 225° F and 275° F.

Once the meat is placed on the grill, the smoke will circulate under the closed lid, infusing the flavor as the brisket cooks low and slow for several hours.

Some other tips to keep in mind

Make the bark part of the bite. Bark, the tasty dark crust that forms on smoked meats, is an important part of the eating experience. It's achieved through the liberal application of a rub, before the brisket meets the smoke. This rub can be as simple as coarse black pepper and kosher salt — or as inventive as you like.

Avoid having too much fine powder in your rub, though, as that can get pasty as it cooks. We recommend the Angry Texan rub.

Wrap the brisket during final stages. Wrapping the brisket in foil toward the end of its cooking time helps retain its moisture and juiciness.

Chef Michael Ollier was taught that meat only takes on smoke until its internal temperature reaches 140°, but he doesn't have the heart to take it off the heat that early. He'll pull it at 170°, wrap it in foil to help it retain moisture and then cook it until it reaches a final internal temperature of 190°.

Give it a rest. Once the smoked brisket is done cooking, there are two stages of resting. During the first, it relaxes for 10 to 15 minutes away from any heat. Then, it's time to wrap it in foil and go into a 175° oven for at least an hour before slicing.

Don't forget the burnt ends. Once considered a scrap left on the cutting board, burnt ends — the cubed pieces from the top cap or "point" of the brisket — are now considered a delicacy among barbecue aficionados and experts. These small, flavorful cubes of meat are seared or double-smoked, then tossed with recovered drippings and sometimes sauce.

Enjoy!

Angry Texan Brisket Rub

Ingredients:

- ¾ cup paprika
- ½ cup fresh cracked black pepper
- ⅓ cup coarse kosher salt
- ¼ cup brown sugar
- 3 Tbs. granulated garlic
- 3 Tbs. onion powder
- 2 tsp. ancho chili pepper
- 2 tsp. cayenne pepper
- 1 tsp. cumin

Instructions:

1. Combine all ingredients and evenly rub on your selected *Certified Angus Beef*® brand cut.
2. Cover tightly in plastic wrap or zipper-locking plastic bag. Refrigerate overnight before cooking.

Yields approximately 2 cups.

Barbecue Braised Brisket

Faux-smoked in your oven

Ingredients:

- 4 lb. CAB® brisket flat, cut in half
- 1 Tbs. coarse kosher salt
- 2 tsp. freshly ground black pepper
- 1 tsp. garlic powder
- 1 tsp. smoked paprika
- 1½ cups vegetable juice
- ½ cup cider vinegar
- ½ cup brown sugar
- 2 Tbs. Worcestershire sauce
- 2 tsp. onion powder
- ½ tsp. cayenne pepper
- 1 large onion, diced

Instructions:

1. Combine salt, black pepper, garlic powder and smoked paprika. Rub evenly into brisket, wrap with plastic wrap and refrigerate overnight.
2. Preheat oven to 350° F. Place brisket, fat side up, in Dutch oven and roast uncovered 30 minutes; flip and roast another 30 minutes.
3. While brisket cooks, whisk together vegetable juice, vinegar, brown sugar, Worcestershire, onion powder and cayenne; mix in onion.
4. If desired, transfer brisket to a slow cooker. If continuing with Dutch oven, lower oven to 300°. Pour liquid mixture over brisket, cover and braise for four hours until fork tender (or cook on low in slow cooker for six hours).
5. Transfer brisket to a cutting board. Skim excess fat from braising liquid as desired. Let rest 10 minutes before slicing thinly across the grain. Serve topped with warm braising liquid.

Serves 6-10.

