



Smoked Brisket

Brisket is a cut from the lower chest of the cow, next to the chuck. This large cut that is easy to cook, slow and low, with the main challenge being maintaining the temperature for the grill or oven.

When cooking brisket, you can choose from the “Flat” cut or the “Point” cut. The “Flat,” as its name implies has an even shape and it’s leaner, but just as rich as the “Point” cut. We prefer the “Brisket Flat” and that’s what this recipe is based upon. It is perfect for feeding small groups or as part of a mixed grill platter. This recipe can be used for the entire brisket, usually 14 – 20 lbs, or for a smaller cut, approximately 5 lbs.

Please note: During the cooking process the brisket may experience what is known as “the stall” or “the plateau” when it reaches approximately 150°F. Fear not - enjoy the slow afternoon. The most likely cause for the stall is due to the evaporative cooling process, similar to how sweat cools your body, moisture in the brisket evaporates and has a cooling effect. It’ll pick back up and continue cooking to reach 195°F. If you’re interested in applying a sauce or glaze, we recommend doing so in the last 15 minutes or so of cooking to avoid scorching the sauce.

INGREDIENTS

1 Brisket Flat

½ cup of PSM Sweet Cheeks BBQ Rub

Kosher Salt

PREPARATION

- Preheat your Big Green Egg, grill, or oven to 225°F, indirect heat.
- Season both sides of the brisket with kosher salt and then the PSM Sweet Cheeks BBQ rub.
- If using the BGE or grill, add wood chips (see note below) directly to the coals and lay the brisket on the grill grate. If using the oven, place the brisket on a roasting tray with a lip to catch the drippings. Either way, make sure the brisket is fat side up!

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- Cook for 8 to 10 hours to an internal temperature of 195°F.
- Transfer the cooked brisket to an appropriately sized insulated cooler and allow it to rest for 2 hours. The cooler should be big enough to hold the brisket without a lot of empty space. This allows the meat to slowly cool off and redistribute the juices. Slice and enjoy!

Cooking with wood chips

When it comes to smoking or grilling with wood, we have some time-tested opinions to help you smoke the perfect meat. Just like salt or chilies, it is possible to overdo it with smoke and ruin the meat.

Remember to keep it simple!

- We recommend using wood chips or wood shavings. Pellets tend to burn too hot and you lose that subtle, sexy oil aroma from the wood. Chunks tend to start a fire and the bark burns bitter.
- How much? We start out smoking with just a handful of wood chips at the beginning of the cooking process. If you prefer a lot of smoke, add extra wood chips. If you only want a hint of smoke, add fewer wood chips. So many recipes should be treated as a launching point, a way to get you excited about a particular style of cooking, so play with wood chips and make these recipes your own, based on your taste preference.
- We never use mesquite or hickory wood for smoking. The flavor they impart is too strong and unfortunately, tastes like cigarettes and diesel fuel, overpowering the flavor of the food. If you are planning to cook with wood chips, stick with fruitwood such as apple or peach. If you want a little stronger smoke flavor, we recommend adding white oak or pecan to the fruitwood.
- Please, do not soak your wood chips in water. The extra moisture imparted by the water will create a barrier for the smoke reaching the meat.