



"JUGGLING TWO HATS"

Beef Brisket Baby! – The Farmer and the Cook – March, 2019

- Start this recipe the day before so you get maximum flavour from the rub

Ingredients – Makes plenty for 8 to 12 rolls depending on the size (ie brioche vs hamburger)

2 kg of Beef Brisket (buy direct from your friendly butcher for the most flavoursome brisket)

For the Dry Rub:

1 heaped teaspoon of the following:

Smoked Paprika, Onion Powder, Garlic Powder, Celery Salt, Cumin Powder, Coriander Powder, Dried Mustard Powder, Beef Stock, Cayenne Pepper, Chilli Powder.

Olive Oil

Method

Lay out your brisket (skin side down) and cut in half to make two pieces. Mix all of the rub ingredients together and set aside. Drizzle a generous amount of Olive Oil on both pieces and rub three quarters of the rub in! Flip over and rub the remainder of the rub. Place into a ziplock bag and refrigerate overnight.

The day of Cooking

Barbecue Sauce

Mix a quarter of a cup of the following ingredients into a jug:

Apple cider vinegar, Tomato Sauce (Ketchup), Tomato Paste, Brown Sugar, Barbecue Sauce (a fancy one is good here as it has more flavour – try ETA if in Australia or Stubbs in America). You can also use a bourbon flavoured sauce if you can find it (Sweet Baby Rays in Woolworths or Aldi sometimes).

A good splash of Worcestershire Sauce and a good grind of salt and pepper.

To Cook the Brisket

Spray your slow cooker with olive oil spray and set to low (you can also do this at the high setting too, just halve the cooking time). Pour some of your barbecue sauce on the bottom of the slow cooker and place one piece of rubbed brisket on top. Pour another quarter of the barbecue sauce over the top and repeat with the second piece of brisket. Pour the remaining sauce on top and put the lid on and cook for 10 hours. After half of the cooking time, baste the brisket with the juices in the slow cooker and flip over both pieces. This will ensure that the meat stays nice and tender and juicy.

Once you get to 10 hours turn off the slow cooker. At this stage you will have two pieces and so you can remove them both and either “pull” them apart using tongs and a fork, or you can carve the pieces as they are. If you “pull” the beef you can then place it in a bowl and pour some of the barbecue sauce on it to make it quite moist. I topped the buns with cheese, pulled beef brisket and then coleslaw. I then spooned the juices from the slow cooker on top of the burger bun to make it extra saucy. You can also spoon the juices onto the beef on your bun. I did try it both ways, pulled and sliced and I think they are both as good as each other.

I was debating how much it would actually feed and if you did small sliders I reckon you could make 20. It depends on how much you fill the buns of course.

If you have leftovers, you can make pies! Place the brisket into your pastry filled pie holes and cook for roughly 5 to 6 minutes. Freeze these for later. Thanks Kevin!