

# Low and Slow BBQ Recipes

PREP TIME 20 MIN | COOK TIME 12 HOURS | SERVES 40

## BEEF BRISKET & BURNT ENDS

### Method

1. Rub brisket all over with a mix of 60% kosher salt and 40% ground black pepper. Set aside for 15-30 minutes for flavours to infuse.
2. Preheat barbeque to 135°C. Place brisket in barbeque, hood down and monitor internal temperature. Using the spritz, spray every 30-60 minutes to ensure meat remains moist and adds flavour. Cook until internal temp of 65°C.
3. Remove brisket and wrap brisket in foil (Texas crutch hold). Pour in stock, close foil and place back in barbeque to finish cooking to internal temperature of 95°C. Remove, open foil for 5 minutes to allow steam to escape, and re-wrap in foil and tea towels, place into an esky and rest for 1-2 hours.
4. Remove brisket from esky, unwrap, cut across the grain and serve

## BURNT ENDS

1. Cut point into 2.5cm cubes, place on a tray and combine well with barbeque sauce. Place back on the barbeque at 140°C for ½ hour to reduce and caramelise.

### INGREDIENT LIST

#### Beef

- 7 kg point end brisket
- Cooking oil
- 300mls stock

#### Brisket Rub

- 60% Kosher salt
- 40% ground black pepper

#### Spritz

- 1/3 Apple cider vinegar
- 1/3 Beef Stock
- 1/3 Water

#### Serving Suggestions

- Boston Beans
- Coleslaw and mayonnaise
- Pickles
- Burnt ends
- Homemade Barbeque Sauce
- Or make a sandwich or add to a power bowl

