

Simple Recipe for Brisket

Cooked to Perfection

All the connective tissue would normally make this an almost inedible cut of meat if you were to cook it like a steak, but all you have to do is follow the braising technique of the Pot Roast Slow-Cooker Method.

This allows all the collagen fibers in the brisket to break down slowly, lubricating all the muscle fibers and making the whole cut remarkably tender and delicious.

Preparation: Rub roast with olive oil lightly. Season with salt and pepper. Sear your roast over a medium-high or high heat until the exterior is browned. Place your roast in a Dutch oven, **or a slow cooker** with a little liquid to prevent it from drying out, and cook **slow and low**. (I love onions so I throw in some coarse chopped onions in the same pot after I sear with a little liquid or butter to scrape off the seasoning off the pan). I then top the onions on top of the brisket).

1. Liquid: Yes. Add a little broth, wine, or beer until 1/3-1/2 of the entire roast is submerged. (I sometimes do a combo of broth and wine (1/2 to 1 whole cup max of the wine))
2. Temperature: **Low**, 200° - 300°F or low setting on slow cooker.
3. Finish: Super Well Done, with an internal temperature of 170° or hotter. If it's **not fork-tender** or falling off the bone, **then keep on cookin'**. You really can't *overcook* a braised roast, plan on **6 - 8 hours**, depending on roast size.
4. Carve: Shred with two forks, or gently slice against the grain.