



# BRISKET



**COMMON NAMES:** Brisket, Full Brisket

**MUSCLE COMPOSITION:** Consists of the *Deep pectoral*, *Serratus ventralis*, *Cutaneus trunci*, *Intercostals*.

**POINTS REQUIRING SPECIFICATION:**

- Can be purchased deckle off (layer of connective tissue and fat tissue that lies between the bone and the primary muscle of the brisket)
- Inside surface should be free of all loose fat and gristle. The outside surface should be trimmed to 1/4" (6 mm) fat coverage

**WEIGHT RANGE:** 10 – 12 lb / 4.5 – 5.4 kg

## CHARACTERISTICS

- A boneless cut removed from the square cut chuck with the fore shank removed
- Fat along sternum edge is trimmed at the top within 1/4" (6 mm) of the lean meat
- Tapered end is cut square to the sides and must show at least 1/2" (12 mm) lean and not more than 1/4" (6 mm) of fat
- A coarse grained muscle tissue with a high degree of marbling
- Well suited to further processing, also available smoked and in brine
- Most foodservice operators specify the cut with the deckle removed

## HANDLING

- Cut has a pronounced flavour and cooking methods are vital to successful dishes
- Main cooking technique is "low and slow" (maintaining a low temperature and extended cooking time) to maintain juiciness, and enhance tenderness
- Can be purchased either raw (for traditional BBQ and braising), brine raw (cut is cryovac'd in brine and spices for traditional boiled dinners), or brined and cooked (mostly seen as corned beef or the famous Montreal smoked meat for sandwiches)

120

BRISKET







## Smokey Lake Barbecued Beef Brisket

### Ingredients

11 lb	5 kg	beef brisket
10 oz	300 g	onions, minced
1 tbsp	15 mL	garlic, minced
4 cups	1 L	barbecue sauce
1 tbsp	15 mL	liquid smoke
1 cup	250 mL	water

### Method

1. Trim brisket of any excessive fat cover, spray with a mixture of water and liquid smoke (with spray bottle), cover and refrigerate for one hour.
2. Sauté onions and garlic until slightly caramelized, blend in barbecue sauce and heat until mixture simmers. Remove from heat.
3. Brush a heavy coat of sauce on the brisket, then place in a 225° F (110° C) oven. Cover and cook until the internal temperature of the meat reaches 165° F (75° C).
4. Remove from oven and baste again with sauce. Place brisket back in covered pan and continue cooking until the internal temperature reaches 180° F (82° C).
5. Let the meat rest a minimum of 20 minutes. Slice thinly across the grain.

### Tips

Although most barbecued brisket is served in the form of sandwiches, here are a few other ideas to add variety to your menu. Try using brisket as a salad topping or in quesadillas, chili or stew. Leftover brisket also makes a unique pizza topping.

Recipe serves 20

### Assembly/Presentation:

Serve as sandwiches on crusty rolls. Add a lively twist with caramelized red onion, smoked Gouda cheese or peppered Brie.

