



TEXAS-STYLE BRISKET FLAT

Brisket is one of the most universally loved cuts of beef. It comes from the breast or lower chest of the steer. As one of the toughest cuts of beef, a brisket is ideal for low-and-slow cooking on a wood pellet smoker-grill. A 6 to 8-pound brisket flat should only take about 5½ hours to reach an internal temperature of 205°F if you use a technique commonly known as the “Texas crutch” to reduce your cooking time. This technique entails double-wrapping the brisket tightly in heavy-duty aluminum foil to bypass the stall and tenderize the meat. Couple the Texas crutch with resting the brisket for 2 to 4 hours using the FTC method (page 20), and you’ll no longer have to fear briskets. So don’t let traditional cooking times and the size of a brisket deter you. Jump in—your guests will love you for it and wolf this brisket down.

SERVES: 8 to 10

PREP TIME:
45 minutes (plus
overnight marinating,
optional)

COOK TIME:
5 to 6 hours

REST TIME:
2 to 4 hours

RECOMMENDED PELLETS: Mesquite, Oak

6½ pound beef brisket flat
½ cup roasted garlic-flavored
extra-virgin olive oil

½ cup Texas-Style Brisket Rub (page
171) or your favorite brisket rub

PREPPING FOR THE GRILL

- 1.** Trim the fat cap off of the brisket and remove any silver skin.
- 2.** Rub the trimmed meat on all sides with the olive oil.
- 3.** Apply the rub to all sides of the brisket, ensuring that it is completely covered with the rub.
- 4.** Double-wrap the brisket in plastic wrap and refrigerate overnight for the rub to penetrate the meat or, if you prefer, you can cook the brisket immediately.

ON THE WOOD PELLET SMOKER-GRILL

- 1.** Remove the brisket from the refrigerator and insert your wood pellet smoker-grill or a remote meat probe into the thickest part of the meat. If your grill does not have meat probe, capabilities or you don't own a remote meat probe, then use an instant-read digital thermometer during the cook for internal temperature readings.
- 3.** Smoke the brisket at 250°F, until the internal temperature reaches 160°F (about 4 hours).



- 2.** Configure your wood pellet smoker-grill for indirect cooking and preheat to 250°F using mesquite or oak pellets.



4. Remove the brisket from the grill, double-wrap it in heavy-duty aluminum foil, making sure to keep the meat probe in place, and return it to the smoker-grill.



5. Increase the pit temperature to 325°F, and cook the brisket until the internal temperature reaches 205°F, about another 2 hours.

NOTES

The “stall” is inevitable when smoking large portions of meat like brisket, pork butt, or turkey. Don’t be tempted to increase the pit temperature when your internal temperature remains the same, sometimes for hours.

6. Remove the foiled brisket, wrap it in a towel, and place it in cooler, referring to the FTC instructions on page 20. Let sit in the cooler for 2 to 4 hours before slicing against the grain and serving.

