

Creator of Ballistic BBQ  
**GREG MRVICH**

# Sous Vide

DELICIOUS RECIPES AND PRECISION  
TECHNIQUES THAT GUARANTEE SMOKY,  
FALL-OFF-THE-BONE BBQ EVERY TIME



## BARBECUE BEEF BRISKET

Brisket is considered the king of meats when it comes to barbecue. It can take years to master this delicious cut, due to its tough texture. To do it right, the Pitmaster needs to go low and slow for hours to break it down. Cooking brisket sous vide takes away a lot of the guess work, sleep deprivation (from tending the smoker), and stress of dealing with the spikes and drops in your cooker's temperature.

**PREP TIME:** 45 minutes   **COOK TIME:** 24 hours sous vide, plus 3 hours in smoker   **SERVES:** 6-10

5- to 8-pound brisket flat

1-2 tablespoons olive oil

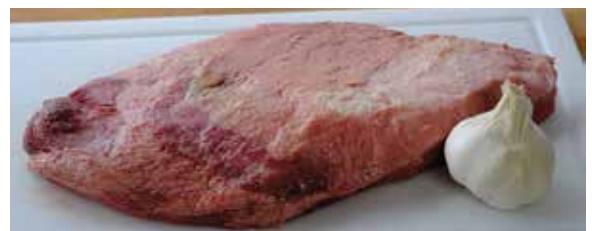
8 cloves garlic, crushed

½ cup Beef Seasoning (page 20)

**1.** Preheat a water bath by setting the sous vide circulator to 155°F (68.3°C).

**3.** Place the brisket in a zip-top or vacuum-seal bag with the garlic and the olive oil drizzled on both sides.

**2.** Trim off the excess silver skin and fat cap down to about ¼-inch thick.



**4.** Place the brisket in the water bath (use the immersion technique on page 23 if you are using a zip-top bag), and set the timer for 24 hours.



## FINISHING STEPS

**5.** Preheat your smoker to 250°F (121.1°C), adding the wood of your choice, about 45 minutes to 1 hour prior to removing the meat from the sous vide bath.

**6.** Remove the brisket from the bag and blot with a dry paper towel.

**7.** Generously season both sides of brisket with the Beef Seasoning (you can also substitute this with  $\frac{1}{4}$  cup coarse-ground salt and  $\frac{1}{4}$  cup freshly ground black pepper).

**8.** Place the brisket in the smoker. Set the timer for 3 hours.



**9.** Remove the brisket from the smoker and rest for about 30 minutes.



**10.** Slice the rested brisket across the grain in  $\frac{1}{4}$ -inch thick slices and serve.