

# BBQ Brisket (Instant Pot)

January 31st, 2021

**This recipe serves: 6**

Prep Time: 02:00

Cook Time: 00:00

Beef Brisket is a cut of meat taken from the chest of the cow. The Brisket can be a tough meat and should typically be cooked for a longer period to become more tender. Instead of 7 to 10 hours in the Oven, Slow Cooker, or BBQ Pit, this recipe provides a tasty, juicy meat after only about 75 to 90 minutes in the Instant Pot. This recipe also includes a Finishing Sauce, which is a sauce that is used in the final preparations of a meal, or prepared and then used when serving the meal.

## Ingredients:

3 lbs Brisket

Spice Dry Rub mix

1 Cup (8 oz) Beef Stock

1 Can (12 oz) Squirt Soda

1/2 Large White Onion, sliced into 4 or 5 thick slices

1 Can (6 oz) Pineapple Juice

3 Tablespoons Corn Starch

## Directions:

Using paper towels, blot dry the full surface of the Brisket meat.

Place the meat into a large freezer bag or refrigerator dish.

Coat the meat well with the Spice Dry Rub.

Cover and refrigerate for a few hours or up to 24 hours.

In a large (8 quart) Instant Pot, set a trivet or another support on the bottom of the Instant Pot insert.

Add the Beef Stock and the Soda into the Instant Pot insert.

Cover the trivet with the Onion slices. Place the meat on top of the Onion slices. The trivet and Onion should keep the meat up out of the liquid.

Seal the Instant Pot. Select the Beef/Stew setting and set the timer for 75 minutes. Run the cooking cycle. At the end of the timed period, allow the pressure to release on its own.

Open the Instant Pot and move the meat to a large serving platter.

Cover the meat and allow it to rest for 15 minutes.

## Finishing Sauce

Drain all the juice from the Instant Pot insert. Drain the oil off of the Au Jus.

Thoroughly mix Pineapple Juice with Corn Starch and make a slurry.

In a sauce pan, mix 3 Cups of the Au Jus with the Pineapple Juice slurry then bring to a low boil, stirring frequently.

Reduce and thicken for about 15 minutes.

Slice the Brisket into thin slices and serve with the Finishing Sauce.