

Beef Brisket (Sous Vide)

February 23rd, 2022

This recipe serves: 6

Prep Time: 00:30

Cook Time: 48:00

The "whole brisket" can be divided into two sub-primal cuts: The "flat" brisket and the "point" brisket. A flat brisket is a more fatty cut. The point brisket is a lean, tough, cut that is ideal for a long cooking interval at a low temperature. While both cuts can be perfectly prepared in a Sous Vide, the higher fat content of the flat brisket sub-primal works better with a slightly higher temperature, to render the fat. The brisket is finished by slathering it with sauce, then baking it for 3 hours to produce the traditional "bark" that covers the meat. Serve with more sauce.

Ingredients:

2-3 Pound Brisket

1/2 Teaspoon Salt

2 Tablespoons Cherry Juice

BBQ Sauce

1/4 Cup Cherry Juice or other flavorful Fruit Juice.

4 Cloves Garlic, minced or 1 Teaspoon Garlic Powder

1 Can (6 ounces) Tomato Paste

1 Bottle (12 ounces) Root Beer or Sarsaparilla

1 Teaspoon Smoked Paprika

2 Tablespoon Light Brown Sugar

1/2 Teaspoons Liquid Smoke

Directions:

Trim the fat-cap from the Brisket.

Salt the Brisket and place into a Sous Vide bag.

Vacuum out all the air and seal the bag.

Refrigerate 24 hours or up to 1 week.

Freeze up to 6 months.

Flat Subprimal: Sous Vide at 140°F for 46 hours

Point Subprimal: Sous Vide at 135°F for 46 hours

Remove the bag from the Sous Vide and refrigerate for a couple of hours (preferably overnight), until the meat has fully cooled.

Note that the bag can be refrigerated unopened up to 4 weeks or frozen up to 6 months.

Make the Sauce

In a small sauce pan, mix the ingredients for the BBQ Sauce.

Bring to a low simmer and reduce for about 1 hour. Stir occasionally to prevent burning.

Adding a Bark to the Brisket

Preheat the oven to 225° F.

Cover a sheet pan with aluminum foil.

Place a wire rack in the sheet pan.

Open the Sous Vide bag and remove the Brisket from the bag.

Use paper towels or a tea towel to dry the surface of the Brisket.

Place the Brisket on the prepared rack and coat liberally on all sides with the Sauce.

Bake the Brisket for 1.5 hours

Turn over the meat and liberally apply another coat of the Sauce to the Meat.

Bake the Brisket for an additional 1 hour or until a charred "bark" forms on the meat.

Remove from the finished Brisket from the oven and rest the Meat for 10 minutes.
Slice the Brisket into thin slices, cutting against the grain.

Add 2 Tablespoons Cherry Juice to the remaining BBQ Sauce and Mix well.
Serve the Brisket with BBQ Sauce on the side.