

Recipes from the Meat Department



MARINATED BEEF BRISKET - JUNGLE STYLE

4 tbsp. Luscious® "The King's" Barbecue Seasoning (in meat dept.)
1 tb Fresh Lime Juice
1 ½ tb Madeira wine
3 tb Olive Oil (use extra virgin)
1 Whole beef brisket – 4 to 5 lbs.

Combine the rub, lime juice, Madeira and olive oil in a blender. Process until it becomes a smooth paste. Or combine the ingredients in a small non-reactive bowl and stir into a paste. Scrape the paste from the blender or bowl. With your hands slightly oiled, rub the paste into the brisket, coating both sides will. Cover the brisket with clear food wrap and marinate for a minimum of 36 hours in the refrigerator. Remove the brisket from the refrigerator and let it sit at room temperature (for about 1 hour) before you begin to cook.

TO COOK OUTDOORS, use a covered kettle grill or water smoker. In a kettle grill, indirectly cook the brisket over a water pan containing a basting liquid or water, orange juice, wine or something similar for about 2 hours. The brisket should have a dark crust when finished. If you are using a water smoker, follow the manufacturer's instructions. Remove the brisket from the grill and let it stand for 10 minutes before slicing.

TO COOK INDOORS, preheat the oven to 200F. Put the brisket in a roasting pan and place in the center of the oven. Roast for 2 hours per pound, undisturbed. Remove the brisket from the roasting pan and let stand for 10 minutes before slicing. If you like, combine the pan juices with some warm barbecue sauce for serving.

To serve, slice the brisket across the grain. Place overlapping slices on a large platter, drizzle with barbecue sauce and garnish with grilled red onion rings. Yield 10 to 12 servings.

The trick behind a perfectly moist beef brisket is slow, even heat or smoke. If you have a water smoker and access to mesquite chips or hard wood, Jungle style beef brisket takes on added depth. But you can get nice results indoors with your own oven. The "Luscious the King" Dry Rub becomes the basis of a smoky, savory paste. Serve the brisket with your favorite barbecue sauce, a side of cole slaw and a garnish of slice, grilled red onions.

Note from Jungle Jim: I used this recipe on a 3.25 pound eye of round roast and let it marinate in the refrigerator for 72 hours. It was delicious! The rub was intense so I rubbed it off the roast before slicing so there was no spicy overkill. We served two sauces on the side: homemade BBQ sauce and horseradish sauce. Great with baked beans and homegrown tomato salad!