

Barbecued Beef Brisket

"Lasting Impressions" - St Joseph's Hospital of Atlanta Auxiliary (1988)

Servings: 8

*5 to 6 pound fresh beef
brisket
celery salt
onion salt
garlic salt
1 bottle (3 ounce) liquid
smoke flavoring
3/4 to one cup barbecue
sauce*

Trim the excess fat from the brisket. Rub both sides of the brisket with celery salt, onion salt and garlic salt. Place the brisket, fat side up, in a baking dish and pour liquid smoke over the meat. Cover tightly (pan cover or foil) and refrigerate overnight.

Preheat the oven to 275 degrees.

Cover and bake (fat side up) for four hours. Drain off any excess fat. Pour the barbecue sauce over the meat. Cover and bake an additional 30 minutes.

Remove the brisket and cool until set. Slice at an angle across the grain.

Serve with hot barbecue sauce.

Per Serving (excluding unknown items): 20 Calories; 1g Fat (2 calories from fat); 1g Protein; Carbohydrate; trace Dietary Fiber; trace Cholesterol; 236mg Sodium; 0 Exchanges; 0 Fat; 0 Other Carbohydrates.