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# Barbecued Brisket or Ribs

*Bonnie Welch and Deanna White*

*Kitchen Keepsakes - Castle Rock, CO - 1989*

**1 1/2 teaspoons salt**  
**1 1/2 teaspoons onion salt**  
**3 teaspoons celery salt**  
**3 tablespoons Worcestershire sauce**  
**1 1/2 teaspoons pepper**  
**4 tablespoons liquid smoke flavoring**  
**4 to 6 pounds brisket or ribs**  
**Hickory Barbecue Sauce (recipe under Condiments/ Barbecue Sauces)**

In a cup, combine the salt, onion salt, celery salt, Worcestershire, pepper and liquid smoke. Arrange the brisket in foil. Pour the salt mixture over the brisket, close the foil and marinate overnight.

Bake wrapped in the foil with the marinade at 225 degrees for six to eight hours, depending on the size of the brisket. (The brisket is delicious with the juice or with barbecue sauce added during the last two hours of cooking.)

To cook ribs, marinate overnight as you would the brisket. Before baking, pour barbecue sauce generously over the ribs.

Bake the ribs, covered tightly, at 225 degrees for six hours.

Serve with potato salad, Cowboy Beans and biscuits.

Yield: 8 to 10 servings

## **Beef**

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*Per Serving (excluding unknown items): 77 Calories; 2g Fat (21.2% calories from fat); 3g Protein; 14g Carbohydrate; 2g Dietary Fiber; 1mg Cholesterol; 10994mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 1/2 Fat; 1/2 Other Carbohydrates.*