



TOUCHDOWN BRISKET

Cindy Lemos, WinoGal

Cindy's wine recommendation: 2010 Meritage, Paso Robles

"When fall arrives, I am in heaven – it's gridiron season which means lots of pigskin action, camaraderie and food. It's my version of "The Most Wonderful Time of the Year".

I enjoy hosting football parties and have put together a collection of my favorite game recipes along with wines to pair with each.

*For those who enjoy a full bodied red wine, Middle Ridge's Meritage is an excellent choice. The hearty cherry/berry flavors and developed tannins are the perfect pairing for a smoked beef brisket or beef ribs with a hearty BBQ sauce. A lot of people are afraid to do their own brisket when, in reality, the oven version is really quite simple – the secret is to cook the brisket **'low and slow'** the day before the football party."*

--Cindy Lemos, WinoGal

INGREDIENTS:

20 lb beef brisket
2 cups whole fruit juice
1 Tbsp powdered garlic
1 Tbsp powdered onion
1 Tbsp cumin
1 Tbsp salt
1 tsp smoked paprika
1 tsp chili powder



DIRECTIONS:

When shopping for your beef brisket, keep in mind that you lose approximately half of the weight during cooking, so plan accordingly. A good rule of thumb is at least 6 ounces of finished brisket per guest. Having leftovers is a good thing, so don't be afraid to buy extra meat.

Put the brisket, fat cap down, into a deep roasting pan. Set your oven or smoker to 225 degrees.

For the whole fruit juice, make your choice based on the sort of flavor you wish to cultivate. Also keep in mind that pineapple acts as a natural meat tenderizer. Your meat will break down more and may cause the brisket to finish faster than apple, pear, pomegranate or even cherry juice. A mix of fruit juice can also be used, so be creative depending on what else you are serving that day.

Add the powdered seasonings to the juice and mix well.

Using a food syringe found in specialty kitchen stores, carefully draw the seasoned juice into the syringe. Pierce the meat, being careful not to fully penetrate the meat to the bottom of the roasting pan. Depress the plunger and watch as the juice swells the meat as it absorbs the juice.

Repeat this process across the top of the brisket, piercing the flesh at one inch intervals. When the brisket begins to leak juice during this process, you know that you have it fully saturated.

Now make a rub using the same powdered seasoning ingredients used for the juice infusion and rub across the entire surface of the brisket.

You are now ready to put brisket into the oven or smoker. Expect this to take at least 10-12 hours. You want the internal temperature to be 195 degrees when finished. Use a meat thermometer to check this after 10 hours.