

Brisket

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2 teaspoons coarse sea salt
2 teaspoons freshly ground black pepper
2 tablespoons hot-pepper sauce
To make the rub, mix the cocoa powder, ancho chili powder, salt, brown sugar, cinnamon, chipotle chili powder, aniseed, garlic powder, onion powder, pepper, oregano, and cloves in a small bowl.

To make the mop, mix the lemon juice, coffee, molasses, vinegar, and salt in a separate bowl. Mix 1 tablespoon of the rub into the mop. Set aside.

Rub the remaining rub all over the brisket. Cover tightly in plastic wrap and refrigerate for at least 8 hours and up to 24 hours.

About 1 hour before you’re going to grill, remove the meat from the refrigerator to bring to room temperature. Rub the meat liberally with oil. Light a grill for

indirect low heat, about 200 F. If using a charcoal grill, build a small charcoal fire at one end of the grill. If using a gas grill, set a burner at one end of the grill to medium-low. Clean the grill grate with a wire brush.

Put the brisket, fatty-side up, on the grill away from the heat, cover the grill, and cook until the brisket is deeply browned and blackened in spots and cooked to well-done (about 170 F on an instant-read thermom-eter), 6 to 8 hours.

Throughout the cook-ing time, brush the surface of the brisket on both sides liberally with the mop whenever the surface looks dry, about every 30 minutes. After 11/2 hours of cooking, put the brisket in an aluminum foil pan and return the pan to the grill away from the heat; cover the grill and con-tinue cooking. The pan helps to retain moisture in the brisket and keep it from drying out. Once the

brisket is in the pan, you need to mop only the top, or fatty, side. If your grill has a temperature gauge, it should stay around 200 F during the entire cooking time. If using charcoal, refresh the coals about once an hour during cook-ing. You can add chunks of wood (such as hickory, mesquite or apple) to the fire periodically if you want a smoky flavor.

Anytime during grill-ing, make the sauce. In a small saucepan, whisk together the coffee, ketchup, mustard, honey, vinegar, salt, black pep-per, and hot sauce. Bring to a boil over medium heat and simmer until slightly thickened, about 4 minutes. Remove from the heat and let cool to room temperature.

When the brisket is done, trim any excess fat (not too much, though; the crispy bits taste great) and carve across the grain on the diagonal into thin slices. Serve with the sauce.

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less than 10 grams of total fat, 4.5 grams or less of saturated fat and less than 95 milligrams of cholesterol per 31/2 -ounce serving.

Marinate meat for added flavor and tenderness.

·Less-tender beef cuts such as shoulder steak, eye round steak, top round steak, skirt steak and flank steak are more affordable, but require a tenderizing marinade before cooking.

·To make a taste bud-tantalizing, yet simple and tenderizing marinade, use an acidic ingredient like lemon or lime juice, vinegar or wine or a natural tender-izing enzyme found in fresh ginger, pineapple, papaya, kiwi and figs. Many store-bought mari-nades include a variety of delicious flavors such as teriyaki, jerk, chipotle and mesquite.

·Note that using mari-nades with little or no

sugar may help protect meat from charring and reduce the formation of potentially carcinogenic compounds

·Before grilling, re-move meat from mari-nade and pat dry with a paper towel to promote even browning and pre-vent steaming.

·For best results when using a glaze or sauce that contains sugar, baste during the last few min-utes of grilling to obtain the best flavor and avoid burning or charring.

Turn beef occasionally for even cooking and browning.

·Use a spatula to turn burgers and tongs to turn steaks and kabobs.

·Do not press, flatten or pierce the meat--fla-vorful juices will be lost, which can also lead to fire flare-ups.

·Cut off any burnt or charred pieces before eating should minimal overcooking occur.

For more healthy grilling tips and reci-pes, please visit www.BeeffItsWhatsForDinner.com.

The Beef Checkoff Program was established as part of the 1985 Farm Bill. The checkoff as-sesses \$1 per head on the sale of live domestic and imported cattle, in addition to a comparable assessment on imported beef and beef products. States retain up to 50 cents on the dollar and forward the other 50 cents per head to the Cattlemen’s Beef Promo-tion and Research Board, which administers the national checkoff pro-gram, subject to USDA approval.

Consumer-focused and producer-directed, the National Cattlemen’s Beef Association and its state beef council partners are the market-ing organization for the largest segment of the food and fiber industry.

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