



SLOW COOKER BEEF BRISKET WITH BBQ SAUCE

Serves: 8-10 | Prep Time: 15 minutes
Cooking Time: 10 hours

INGREDIENTS

1.5-2kg Maleny Black Angus Beef brisket

1 tbsp olive oil

INGREDIENTS FOR THE RUB

1 tbsp brown sugar*

2 tsp paprika powder

1 tsp onion powder

1 tsp garlic powder

1/2 tsp cumin powder

3/4 tsp mustard powder

1 tsp salt

1/2 tsp black pepper

INGREDIENTS FOR THE BBQ SAUCE

2 garlic cloves, minced

1/2 cup apple cider vinegar

1 1/2 cups tomato sauce (or tomato passata for a low-sugar option)

1/2 cup brown sugar*

2 tsp black pepper

2 tsp onion powder

2 tsp mustard powder

1 tsp cayenne pepper

1 tbsp Worcestershire sauce

TURN OVER FOR METHOD →



METHOD

1. Mix together all the rub ingredients and rub them all over the Maleny Black Angus Beef brisket. Leave for 30 minutes – 24 hours in the fridge.
 2. Combine the BBQ sauce ingredients in a slow cooker and mix them together. Add the brisket on top, then roll it around in the sauce so it's covered all over.
 3. Slow cook on low temperature setting for eight hours (1.5kg brisket) or up to ten hours (2kg brisket).
 4. Remove the brisket onto the oven tray.
 5. Pour liquid from the slow cooker into a saucepan and bring it to a simmer over medium-high heat, then reduce it to a simmer and allow it to thicken to a syrupy consistency (it thickens more as it cools too).
 6. Meanwhile, drizzle brisket with oil, then roast in a 200°C oven for 15 minutes until brown spots appear. Remove, then baste generously with BBQ sauce, then return it to the oven for another five minutes. Remove and baste again, then return it to the oven for another 5-10 minutes until it caramelises.
 7. To serve; either slice the brisket thinly across the grain and serve with the remaining BBQ sauce or shred it with two forks. It is delicious served as a meal with mash and veggies or whatever sides you like or piled onto bread rolls with coleslaw.
- * We substitute brown sugar with coconut sugar for a lower GI/healthier option.

NOTE:

If you don't have all day, simply switch your slow cooker temperature to HIGH and cook for 4.5 hours (1.5kg brisket) or five hours (2kg brisket) and follow the same directions for every other element.

