



This is “melt in your mouth” good! Just the smell of it cooking will drive you crazy! Serve as a main dish for dinner, then rip the leftovers into pieces and put it on a bun for lunch!

Use garlic box mashed potatoes as a fabulous side dish!

Stu's Amazing BBQ Beef Brisket

**1 large brisket point
3 tablespoons Barbarian spice
3 teaspoons salt
1 tablespoon olive oil
BBQ sauce (recipe >)
2 cups Veal or Beef stock**

**Barbeque Sauce
4 cups ketchup
1 cup finely chopped
yellow onions
half cup cane syrup
(..or golden syrup)
half cup red wine
2 tbsp lemon juice
2 tbsp whole grain
mustard
2 tbsp brown sugar
1 tbsp minced garlic
1 tbsp minced jalapeños
1 tbsp Worstershire
1 tsp hot pepper sauce
1 tsp salt
half tsp cayenne pepper**

- **Preheat oven to 275 F**
- **Season brisket both sides with the Barbarians and half the salt.**
- **Heat the oil in a large non-stick pan. Add the meat and sear both sides until evenly browned. Transfer to a large roasting pan.**
- **Combine the BBQ sauce, stock and remaining salt in a large mixing bowl and mix well. Pour the mixture over the brisket and cover pan with lid (or foil) . Bake for 2 and a half hours**
- **Turn meat over, cover again, and bake for another 2 and a half hours. Let meat stand 15 minutes before carving.**

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