



# Hickory Smoked Brisket

## INGREDIENTS

Hickory wood chips  
1 (14-lb.) whole beef brisket  
¼ cup Hy-Vee canola oil  
¼ cup Hy-Vee  
Worcestershire sauce  
1 (11-oz.) bottle Big Moe  
Cason Texas brisket rub

## PREPARATION

- 1** Soak wood chips in water at least 1 hour. Preheat smoker according to manufacturer's directions to maintain a temperature of about 225°F. Use wood chips and water pan as directed.
- 2** Pat brisket dry with paper towels. Trim excess fat to about ⅛ inch. Rub brisket with oil and Worcestershire sauce; sprinkle generously with rub. Let stand at room temperature for 1 hour. Spray generously with cooking spray.
- 3** Place brisket, fat side down, on a well-greased rack in smoker directly over water pan; close smoker. Smoke for 4 to 6 hours or until thermometer inserted into meat reaches 160°F to 170°F.
- 4** Remove meat from smoker. Place brisket, fat side down, on a double layer of foil coated with cooking spray; also spray the brisket. Place a piece of unwaxed butcher paper over the top of the brisket and tightly crimp the edges of the foil and the butcher paper together. Return to smoker.
- 5** Smoke brisket up to 10 hours or until internal temperature reaches 203°F.
- 6** Remove brisket from smoker; wrap in a heavy towel and let stand 3 hours before slicing.

## NUTRITION FACTS

Calories: 710  
Total Fat: 33g  
Saturated Fat: 11g  
Cholesterol: 225mg

Sodium: 4320mg  
Carbohydrates: 11g  
Sugar: 4g  
Protein: 82g