

Easy Brisket

submitted by deleted_106382



Per serving: 407 Calories • 3.4g Carbs (1.6g Fiber) • 21.3g Fat • 48.2g Protein

Ingredients

Ingredients scaled to: 8 oz

- 8 oz **Beef, brisket** (227 grams)
- 2 cloves, raw **Garlic** (6 grams)
- 2 leaves **Spices Whole Bay Leaves** (1 grams)
- 1 tsp **Salt** (6 grams)
- 1 tsp **Pepper** (2.1 grams)
- 1 tsp **Olive oil** (4.5 grams)

Directions

Directions are based on the original recipe of 24 oz

1. Preheat oven to 325 degrees F.

2. Smash 5 to 6 garlic cloves, have 4 bay leaves and an x-large piece of hefty aluminum foil handy, place these aside.

3. Allow the brisket to sit out of the fridge for approximately 20 minutes prior to cooking. With a sharp knife remove any excess fat, if necessary. Using a paper towel pat dry the meat to remove any excess moisture and ensure a good sear. Rub the brisket with a generous amount of salt and pepper, approximately 1 tablespoon of salt and pepper.

4. Coat the bottom of a large pan with oil on high heat. Once the fat/oil is hot place the brisket to sear, sear on both sides for approximately 5 minutes. Remove the brisket from the pan and place it on a large piece of aluminum foil. Place half of the smashed garlic cloves and bay leaves on the bottom of the brisket and the other half on top of the brisket. Using the aluminum foil tightly wrap the brisket and fold in the ends. You want to make sure that the brisket is tightly wrapped so that the natural juices of the brisket do not seep out.

5. Once your Brisket is tightly wrapped place it on a baking dish, move it to the oven and allow it to cook for 3 hours, flipping 1-2 time during cooking.

6. Once cooked remove the brisket from the oven but do NOT unwrap the brisket, allow it to sit out for approximately 40 minutes before unwrapping, slicing and serving. Enjoy.