



**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 jalepenos  
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.**