

# Thom's Beef Brisket Barbecue

Thom Hackett

Servings: 6



The barbecue was brought to Virginia in 1700 from Haiti, but soon became a Southwest favorite. The word could mean "from snout to tail" as in roast pig or "a framework of sticks" as in grill. I really do like this recipe. It has a taste of real Texas BBQ Brisket.

## Ingredients

5 pounds beef brisket, well trimmed  
1½ teaspoons salt  
½ cup catsup  
¼ cup vinegar  
½ cup onion, finely chopped  
1 tablespoon Worcestershire sauce  
1½ teaspoons liquid smoke flavoring  
1 bay leaf, crumbled  
¼ teaspoon pepper

## Cooking Method

Rub meat with salt.

1. Place on 20x15-inch piece of double thickness heavy-duty aluminum foil.
2. Stir together remaining ingredients; pour on meat.
3. Fold foil over meat and seal securely.
4. Place on grill 5 inches from medium coals.
5. Cook, turning once 1½ hours or until meat is tender.