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Oven Braised BBQ Brisket



Serve our Oven Braised BBQ Brisket on a roll with slaw, or on a plate with your choice of sides.

Course: Dinner & Lunch

Cuisine: American

Prep Time: 15 minutes

Cook Time: 3 hours 10 minutes

Total Time: 3 hours 25 minutes

Makes: 12 Servings

Calories: 466 kcal

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Ingredients:

- 3 to 3 1/2 pound (1.4 kg to 1.6 kg) brisket, preferably flat cut, patted dry
- Freshly ground black pepper
- Kosher salt
- 2 tablespoons FODY Garlic-Infused Olive Oil, divided
- 1 cup (72 g) chopped leeks, green parts only
- 1/2 cup (32 g) chopped scallions, green parts only
- 2, 12-ounce (340 g) bottles FODY BBQ Sauce
- 1/2 cup (120 ml) water
- 1/4 cup (120 ml) cider vinegar
- 1/4 cup (54 g) firmly packed light brown sugar
- 1 teaspoon cumin
- 1 teaspoon Dijon mustard
- 1/2 teaspoon paprika
- 1/2 teaspoon dried thyme
- 1/2 teaspoon Worcestershire sauce

Preparation:

1. Preheat oven to 300°F/150°C.
2. Season both sides of the brisket liberally with black pepper and lightly with salt.
3. Heat 1 tablespoon of the oil in a 5 quart (4.7 L) Dutch oven over medium-high heat. Sear both sides of the brisket, until browned, about 5 minutes each side. Remove and set aside.
4. Add remaining 1 tablespoon garlic-infused oil to pot, turn heat down to low-medium, add leek and scallion greens and sauté, stirring frequently, until softened but not browned, about 2 minutes. Whisk in BBQ sauce, water, cider vinegar, brown

sugar, cumin, mustard, paprika, thyme and Worcestershire sauce, turn heat up and bring to a boil, scraping up any browned bits from the bottom of the pan and combining everything well. Add meat back to pan; liquid should come almost to the top of the brisket. Spoon some of the sauce on top of the brisket. Seal top of pot with aluminum foil, place lid on top of foil and place in oven.

5. Braise in the oven for 3 hours. Brisket should be fork tender. Remove brisket to a carving platter and cover with aluminum foil to keep warm while it rests for 10 minutes. Meanwhile, taste the sauce, adjust seasoning as desired. Slice the meat against the grain, or shred with two forks, and serve with sauce. (Reheat in sauce, if necessary). Serve with potatoes, grits, or pile up on a roll with slaw as seen in image. Brisket may be made up to 3 days ahead. Simply store in the sauce and reheat on top of stove.

Notes:

Tips

- We absolutely love Fody BBQ Sauce and this recipe is built around it. If you use a different BBQ Sauce I cannot vouch for the final flavor of the dish.

Nutrition Facts	
Oven Braised BBQ Brisket	
Amount Per Serving	
Calories 466	Calories from Fat 288
% Daily Value*	
Fat 32g	49%
Saturated Fat 1g	5%
Sodium 8mg	0%
Potassium 7mg	0%
Carbohydrates 20g	7%
Fiber 1g	4%
Sugar 4g	4%
Protein 24g	48%
Vitamin A 40IU	1%
Calcium 2mg	0%
Iron 0.2mg	1%

* Percent Daily Values are based on a 2000 calorie diet.