AMERICAN · DINNER · LUNCH

Low and Slow Oven Brisket

260 min · Serves 8 · 572 kcal a serve · Video 16:38 · Ketogenic Woman

Carnivore · Paleo · Gluten-free ingredients · No dairy listed · No nuts listed

Just beef, salt and pepper: each serve gives about 48 g protein and is very rich in zinc and vitamin B12, with good iron too. Pouring off the rendered fat trims some richness, but it is still high in saturated fat, so keep the rest of the day lighter.

Diet notes: Keto (0.1 g net carbs a serve).

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Ingredients 3 · SERVES 8

- [ ] 1 **beef brisket**, 1.84 kg, fat cap on
- [ ] 1 tbsp **kosher salt** (or a little more)
- [ ] 1 tsp **black pepper**

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: none. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Take the brisket out of the fridge a couple of hours ahead. Heat the oven to 120°C and pat the meat dry with paper towel. 1:15
2. Score the fat cap in a criss-cross pattern with a sharp knife, then rub salt and pepper all over the meat. Sear it on all sides first if you like. 3:17
3. Place it fat-side up in a roasting pan, seal tightly with foil and bake about 1 hour per pound (about 4 hours for this size) until very tender. 7:40
4. Lift off the foil and pour most of the rendered fat into a heatproof jar (the cook drained about 470 ml from this size). Keep it: it is tallow for future cooking. 11:41
5. If you didn't sear it, slide the brisket under a hot grill (broiler) for 2–5 minutes to crisp the top. Cover loosely with foil and rest, then slice across the grain. 12:54

> **Tip** Serves about 8 (our estimate, from the size). Keeps 4 days in the fridge; reheat slices in a covered pan with a spoonful of the juices. A slow cooker also works before a quick blast under the grill.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 8 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
572 kcal	45 g	0.2 g	0.1 g	42 g	840 mg
2,390 kJ	89% of a day	0.1 g net · 0 g sugars	0% of a day	16 g saturated	36% of a day
		0% of a day		54% of a day	

Energy from net carbs 0% · protein 32% · fat 68% — fits keto: 0.1 g net carbs, 68% of the energy from fat

High in (20%+ of a day) Vitamin B12 172% · Zinc 91% · Selenium 72% · Omega-3 27% · Vitamin B6 26% · Iron 24%

Recipe and video: Ketogenic Woman (@KetogenicWoman) on YouTube — youtube.com/watch?v=DiX1LW13fJY, published 2 January 2021. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/low-and-slow-oven-brisket