



B O D Y A W A R E N E S S

BRISKET PHYSIO

Beware of Brisket Carving Injuries!

Do you enjoy eating brisket but cringe at the thought of slicing it? Have you had episodes of shoulder, arm and hand pain after attempting to carve it? You are not alone. Many people injure themselves while attempting to have perfectly sliced meat. Here is how to prevent it.



Most recipes suggest cooling the meat and then slicing it to make the process easier. I totally disagree with this method. When the meat is refrigerated it becomes hard and extremely difficult to work with. I have discovered that the best way to slice a brisket is to do it when it is warm, not hot, while using

an **electric knife**. The knife penetrates the meat easily and effectively. There is no strain on your arm, and the results are perfect every time.



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BEST BRISKET RECIPE

1 5 pound brisket	4 cloves garlic, minced
1 tsp salt	1 cup chili sauce
1/2 tsp black pepper	1 cup water
1/2 tsp paprika	1/4 fresh parsley, chopped
1 onion, chopped	1 10 ounce bottle of beer
2 stalks celery, chopped	fresh parsley

Preheat oven to 325 degrees. Wash and dry the brisket, cutting away visible fat. Sprinkle with salt, pepper, and paprika.

Place the brisket, fat side up in a heavy baking pan. Surround with onions, celery and garlic. Pour chili sauce on top. Slowly pour the water into the pan around the brisket. Sprinkle with parsley. Bake uncovered for 1 hour. Remove from oven and slowly pour beer over the brisket making sure you do not wash off the sauce. Cook 3 hours longer or until tender.

If you injure yourself carving a brisket or otherwise, make an appointment so that you can get better quickly and enjoy the new year.

