

Brisket

Hanger (Hanging Tender, Onglet)

Very flavorful piece of meat. Takes well to marinating, and is also excellent for tacos or steak sandwiches.

Remove all silver skin and extra fat from the steak. Carefully cut out the connective tissue that connects the 2 halves of the steak, separating the whole into 2 long pieces. Marinate in you favorite marinade for 1 hour to overnight.

Cook whole pieces over high heat to desired temperature medium rare, too rare can be a bit on the chewy side, too cooked will be dry. Be sure to let rest for 5-10 minutes, slice across the muscle grain.

Sous vide: after removing connective tissue, put into bag with marinade and cook in water bath at 56° (132°F) medium rare, for 3 hours. Remove from bag, pat dry and sear on high heat, slice as above.

Boil the marinade/juices in the bag for a sauce.