

Jamaican Beef Brisket

Servings : 12

Amount	Measure	Ingredient - Preparation Method
6	pounds	beef brisket
2	tablespoons	vegetable oil
3		onion - sliced
3	cloves	garlic - crushed
1	cup	ketchup
1	cup	water
3/4	cup	light brown sugar - firmly packed
1/2	cup	red wine vinegar
3	tablespoons	pickapepper sauce

Trim excess fat from brisket. Heat oil in Dutch oven over med-high heat until hot. Add beef; brown on all sides. Remove beef from pan. Ann onion and garlic; saute 5 minutes or until onion is tender. Return beef to pan.

Combine ketchup and remaining 4 ingredients in a small bowl; stir well. Pour ketchup mixture over beef.

Cover and bake at 350 for 4 hours or until beef is very tender. Remove beef from pan, reserving juices. Let stand 10 minutes. Slice diagonally across the grain, and serve with juices.