



# Central Texas Vegan BBQ Brisket

## Brisket Ingredients (Yield 5 portions)

1 each medium sized red beet	1 teaspoon finely ground sea salt
1 each medium head of cauliflower	1 teaspoon ground black pepper
1 (14oz) can young jack fruit	1 tablespoon soy sauce
2 cups vital wheat gluten	3 tablespoons red miso paste
4 tablespoons nutritional yeast	2.5 tablespoons vegan Worcestershire sauce
1.5 tablespoons smoked paprika	12 fl oz dark stout
1 teaspoon garlic powder	2 tablespoons cashew butter
2 teaspoons onion powder	1.5 tablespoons liquid smoke
1.5 teaspoons turmeric	2 tablespoons avocado oil

## Rub Ingredients

1 tablespoon ground black pepper  
2 teaspoons smoked paprika  
1 teaspoon ancho chili powder  
2 teaspoons turbinado sugar  
1 teaspoon finely ground sea salt

## Instructions

1. Preheat oven to 350 degrees Fahrenheit.
2. Peel and quarter the beet. Roast in the oven until soft, about 20-25 minutes. Puree in a blender, adding a small amount of water as needed to achieve desired consistency.
3. Chop cauliflower into small pieces and pulse in a food processor to achieve small rice size “grains”.
4. Drain and rinse the young jackfruit. Pulse a food processor until uniformly shredded.
5. Using a large mixing bowl, whisk together wheat gluten, nutritional yeast, smoked paprika, garlic and onion powder, turmeric, black pepper and salt until combined thoroughly.
6. In a separate mixing bowl, whisk together the beet puree, soy sauce, red miso paste, Worcestershire sauce, stout, cashew butter, liquid smoke and the avocado oil until combined and smooth.
7. Fold the jackfruit and cauliflower into the liquid mixture and then proceed to fold in the dry ingredients, in three parts, into the liquid mixture. Continue to stir until it becomes a fairly solid dough ball. Do not over mix as working the gluten will cause it to get very tough and hard to work with.
8. Place dough ball on a lightly oiled sheet tray and form into the shape of a brisket. Approximately 10” long and 1 ½” thick.
9. In a small mixing bowl, whisk together the ingredients for the rub until combined.
10. Evenly sprinkle the rub mixture over the “brisket” and gently rub spices across the top.
11. Bake for 45 minutes.
12. Allow to cool slightly and slice with a sharp knife.