

## Smoked Beef Barbacoa



\* Recipe courtesy of Hardcore Carnivore / Jess Pryles

### *Ingredients*

- 1 – 1.5kg beef cheeks
- 3–4 tbsp Hardcore Carnivore Black seasoning
- 4 cups beef stock
- 6 cloves garlic
- Tortillas, salsa, fresh lime and salt to taste

### *Directions*

Step 1 – If necessary, start by trimming beef cheeks. Cut away and discard any sinew to leave behind “pillows” of muscle that are the actual cheeks.

Step 2 - Preheat a smoker to 135°C. If you are using a BBQ, ensure the grills are clean. If you are using a charcoal grill, keep at least half of the charcoal grate clear of briquettes or charcoal as a zone of indirect heat. If you are using a gas BBQ, light a burner on one side of the BBQ only. If you are using a Weber Q, set up the BBQ for indirect cooking with a trivet and convection tray.

Step 3 – Coat the cheeks well in the Hardcore Carnivore Black seasoning, then place into the smoker or BBQ and cook for 2.5 hours.

Step 4 – Smash the garlic cloves with the side of a knife or bottom of a pot to split them open slightly. This makes them more aromatic. Place the cloves along with the beef broth in a foil pan. Add the beef cheeks to the braising liquid in the pan and return to the smoker or BBQ to cook for a further 4-5 hours until tender. To speed the cook, you can cover the pan with foil, but this will reduce the smokiness. Cheeks are ready when they are completely probe tender and pull apart easily.

Step 5 – Shred the cheeks and then spoon some of the braising liquid over the meat for maximum moisture. Add extra salt, if desired. Serve with tortillas, salsa and a wedge of fresh lime.

