

Corned Beef

Yield: Serves 6-8

Ingredients:

- 4 - 5 lbs 'First Cut' (AKA Flat) Beef Brisket - trimmed
- 4 lbs Ice
- 2 Quarts Water
- 1 Cup Kosher Salt
- ½ Cup Brown Sugar
- 12-15 Juniper Berries
- 10-12 Cloves
- 10-12 Allspice Berries
- 2 Bay Leaves - broken up
- 1 Ceylon Cinnamon Stick - broken up
- 1 tsp Coriander Seeds
- 1 tsp Yellow Mustard Seeds
- 1 tsp Black Peppercorns
- ½ tsp (Heaping) Ginger Powder

-OPTIONAL-

- 2 Tbs Saltpeter (AKA Potassium Nitrate) **-OR-** Pink Curing Salt (AKA Sodium Nitrate)*

Preparation:

- 1) Place everything (minus brisket and ice) in a large pot and bring to a boil over high heat making sure that all of the salt and sugar have dissolved
- 2) Remove from heat and allow to cool for 10 minutes
- 3) Add ice to liquid and allow to cool to around 50°F (place in fridge to speed cooling if needed)
- 4) Place Brisket in a 2 gallon zip-top bag and pour the cooled liquid over the top
- 5) Squeeze out as much air as possible and seal the bag
- 6) Place in a high sided baking pan (just in case) and place in the refrigerator for 10-15 days - Flip brisket once a day until time is up
- 7) After 10-15 days, remove brisket from liquid and rinse well - At this point you have corned beef ready to be cooked any way you desire

SIMPLE CORNED BEEF ('Just the beef')

- 1) Place your corned beef in a 4-6 quart soup pot (use the smallest pot possible that will barely fit everything with just a little extra room) and add: 4 Small Yukon Gold Potatoes (halved), 1 Small Onion (quartered), 1 Large Carrot (chopped), and 2 Large Celery Stalks (chopped)
- 2) Cover with 1 inch of water - Bring to a boil over high heat
- 3) Reduce heat to low and cover - Allow to cook until fork tender (2 ½ - 3 hours)
- 4) Serve hot with boiled vegetables, mash, or any sides you wish **-OR-** cool and slice thin for sandwiches

** Potassium Nitrate and Sodium Nitrate are used to keep cured and cooked meats Pink or Red rather than the normal 'grey' that cooked meats typically have - Not using either in the recipe will NOT alter the flavor only the color of the final dish*

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