

Corned Beef

For curing:

2 quarts water
1 cup kosher salt
½ cup brown sugar
2 tbsp. sodium nitrates*
1 cinnamon stick
1 tsp. mustard seeds
1 tsp. black peppercorns
8 whole cloves
8 whole allspice
12 whole juniper berries
2 bay leaves, crushed
½ tsp. ground ginger
2 quarts ice
4-5 pounds raw brisket (keep the fat on)
1 onion, sliced thin
5 cloves garlic, smashed

For cooking

1 onion, peeled and quartered
1 stalk celery, chopped
1 large carrot, peeled and chopped

For the Cure: Place the water into a large 6 to 8 quart stockpot along with salt, sugar, saltpeter, cinnamon stick, mustard seeds, peppercorns, cloves, allspice, juniper berries, bay leaves and ginger. Cook over high heat until the salt and sugar have dissolved. Remove from the heat and add the ice. Stir until the ice has melted. If necessary, place the brine into the refrigerator until it reaches a temperature of 41° F or lower. Once the brine has cooled, pour it over the brisket, garlic, and onion in a large pot, or 2-gallon zip top bag. Cover (or seal up the bag) and place in the refrigerator for 10-14 days. Check daily to make sure the beef is completely submerged and stir the brine.



Cooking: After 10-14 days, remove from the brine and rinse well under cool water. Place the brisket into a pot just large enough to hold the meat, add the onion, carrot and celery

and cover with water by 1-inch. Set over high heat and bring to a boil. Reduce the heat to low, cover and gently simmer for 2 1/2 to 3 hours or until the meat is fork tender. Remove from the pot and thinly slice across the grain.



*Sodium nitrates can be called TCM, or saltpeter. Look for them at outdoor/ camping stores that sell hunting supplies, specialty food stores, and of course by mail order. You may be able to purchase saltpeter from a pharmacy with a copy of the recipe.

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