

Corned Beef – Dry Cure

Yield: 1 Brisket

- 1 Whole Beef Brisket (Weigh the brisket. It's better to use metric as the amount of curing salt will be more accurate)
- 0.25% of brisket weight of Curing Salt #1 (aka pink salt #1, Instacure #1, Prague powder #1 – whatever name you call it by it should be 6.25% sodium nitrate and 93.75% salt. Not to be confused with Himalayan pink salt which is a rock salt that is used similarly to table salt to season food when cooking and eating.) Multiply brisket weight by 0.0025 to solve for 0.25% e.g., if the brisket weighs 4536g (about 10 lbs), when multiplied by 0.0025 we find that 11.34 grams of curing salt #1 is needed.
- 2.5% of brisket weight of Fine Sea Salt or mineral salt (such as Redmond Real Salt). Multiply brisket weight by 0.025.
- ¼ cup (packed) Brown Sugar.
- 2 tablespoons Whole Black Peppercorns
- 2 tablespoons Whole Coriander Seeds
- 2 tablespoons Whole Mustard Seeds
- 1 tablespoon Whole Allspice Berries
- 6 Bay Leaves
- 6 Whole Cloves

Grind/crack the spices, tear/crumble the bay leaves. Combine all seasoning, spices, and sugar in a bowl and mix together. Sprinkle evenly over brisket and press/massage into the meat. Place seasoned brisket into a container large enough to allow the brisket to lay flat or place into a vacuum bag large enough to accommodate the brisket. Add any spices/seasonings that fell off the brisket while transferring to the brisket. Cover container or seal the bag. Keep under refrigeration for 5-10 days, flipping the brisket once each day. After the 5-10 days, rinse the seasonings off the brisket under cold water. Dry the brisket then move to preferred cooking method.



Corned Beef and Cabbage Stew

Yield: about 3-4 quarts

- 1-2 tablespoons Olive Oil
- 1 White Onion, medium dice
- 2 cloves Garlic, finely chopped
- 4 small Carrots, cleaned, 1/4 inch slices on the bias
- 48 oz Chicken Stock
- 2 Bay Leaves
- 10 sprigs Thyme, tied in a bundle
- 4 pounds Corned Beef Brisket flat (whole piece or 2-4 large pieces)
- 1 head Green Cabbage, quartered, cored, and chopped into bite sized pieces
- 1-1 1/2 pounds Waxy Potatoes (such as Yukon or Gold Potatoes), peeled, large dice
- 1/4 cup Flat Leaf Parsley, finely chopped
- Salt & Ground Black Pepper, to taste

Place large dutch oven over medium heat, once heated add 1-2 Tbsp olive oil. Add diced onion and a pinch of salt, sweat. Add sliced carrots then cook for 3-5 minutes until carrots begin to soften. Add garlic, cook until fragrant (about one minute). Add thyme and bay leaves, heat briefly while stirring. Add chicken stock, increase heat to medium-high and bring to a simmer. Add corned beef, ensuring it's mostly submerged in liquid, cover pot. Cook for two hours at a low simmer. Add potatoes and cabbage to the pot, replace the lid and simmer for an additional two hours (until potatoes and cabbage are tender). Carefully remove corned beef to a cutting board, slice or dice, set aside. Add chopped parsley to the pot, stir to combine. Taste for seasoning and add additional salt and pepper if desired.

To Serve: Place a few pieces of corned beef into a soup bowl. Ladle stew over beef. Enjoy!



Oven Roasted Pastrami

Yield: varies

- 4-5 pounds Corned Beef Brisket point (whole piece) (Use a whole brisket if desired, just double the amounts of spices)
- ¼ cup Whole Black Peppercorns
- ¼ cup Whole Coriander Seeds
- 1 tablespoon neutral oil

Preheat oven to 200 degrees Fahrenheit. Using a spice grinder, mortar & pestle, or zip-top bag and rolling pin or meat mallet crack peppercorns and coriander. Looking for larger pieces, not a fine grind. Mix to combine. Coat brisket in oil then sprinkle spices evenly over the brisket, pressing the spices into the meat. Wrap brisket in foil (one layer if heavy weight foil, two layers if standard weight foil) then place onto a wire rack in a pan or tray large enough to accommodate the brisket, puncture a few holes in the foil on the bottom and insert a probe thermometer through the foil into the brisket. Add 2-4 cups of hot water to the bottom of the pan then tightly cover the pan with foil. Roast in oven until brisket reaches internal temperature of 195-200 degrees Fahrenheit (can take up to 12 hours). Check water level in the bottom of the pan every couple hours; add additional **hot** (or boiling) water if needed (adding cold water will slow down cooking time as the oven heats the water).

Note: To speed up the cooking process, oven temperature can be raised but shrinkage will increase, and the brisket could possibly dry out. Recommend setting the oven temperature no higher than 300 degrees Fahrenheit.



Best Yellow Mustard

Yield: about 1/3 cup

- ¼ cup Dry Ground Mustard
- ¼ cup Water
- 3 tablespoons White Wine Vinegar
- ½ teaspoon All-Purpose Flour (no clumps)
- ½ teaspoon Salt (plus additional salt to taste)
- 1/8 teaspoon Ground Turmeric
- 1/8 teaspoon Granulated Garlic
- 1/8 teaspoon Paprika

Combine all ingredients in a small saucepot and whisk while cooking over medium heat. Cook until desired consistency is achieved. Transfer to a container, cool, then refrigerate. Will keep for up to a month in refrigerator. This mustard is good as soon as it's cooked but gets better with time.



Quick Fridge Pickles

Yield: 1 quart

- 1 English Cucumber, sliced into chips (or cut into spears short enough to fit into desired container or jar)
 - 2 cups Water
 - 2 cups White Vinegar
 - ¼ cup Fine Sea Salt or mineral salt (such as Redmond Real Salt)
 - ½ cup White Sugar
 - 1 teaspoon ground ginger

 - 1 sprig Fresh Dill or 1 teaspoon Dried Dill
 - ½ medium White Onion, sliced thin (optional)
 - 2-3 cloves Garlic (optional)

 - 1 tablespoon Pickling Spice
- OR
- ½ teaspoon Whole Black Peppercorns
 - ½ teaspoon Whole Coriander
 - ½ teaspoon Whole Mustard Seed
 - 2 Whole Allspice Berries
 - 2 Bay Leaves, torn/crumbled into small pieces
 - 1/8 teaspoon Red Pepper Flakes (optional)
 - ½ Cinnamon Stick, crumbled into small pieces (optional)

Add water, vinegar, salt, sugar, and ground ginger to a small saucepot and heat until salt, sugar, and ginger are dissolved. Place pickling spices and dill into a pint jar, add cucumber chips, onion slices and garlic cloves. Pour warm liquid over cucumber chips, filling the jar almost to the top. Place lid on jar and close tightly then shake to distribute the spices. Leave jar on counter until liquid is at room temperature then refrigerate. Will keep in refrigerator for a month. These pickles are ready to eat the next day but get better with time.

