

CORNER BEEF

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Based on Joan Nathan, Jewish Cooking in America

Introduction

Pickling includes the curing of meat in addition to curing of fruits and vegetables.

In the cooking process, the corned beef is covered with water, brought to a boil and the water is then discarded. This reduces the salt in the corned beef..

Materials Needed

4-lb brisket of beef

For Curing:

½ cup kosher salt
1 tsp. freshly ground pepper
2 tsp. ground ginger
½ tsp. ground cloves
2 bay leaves, crumbled
1 Tbs. brown sugar
1/8 tsp. nutmeg
½ tsp. paprika
1 Tbs. saltpeter (potassium nitrate)
6 cloves garlic, crushed
1/8 cup mixed pickling spice

For cooking:

1/8 cup mixed pickling spice
1 onion
1 stalk celery
optional: garlic cloves, crushed

TO CURE THE BRISKET:

Wash and remove excess fat from brisket

Mix all the spices (up to the garlic) and rub well into the brisket

Place the brisket in a large crock or other non-metallic container.

Cover with water. Stir to dissolve salt. Add the pickling spice and garlic.

Weigh down the brisket so it stays below the brine.

Place in a cool area or refrigerate. Turn the brisket daily.

Curing will take 5 to 7 days at room temperature. Up to 2 weeks if refrigerated.

TO COOK THE BRISKET:

Remove the brisket from the brine. Wash well with cool water.

Place the meat in a large pot. Cover with water and bring to a boil.

Remove from the heat and discard the water. Rinse the pot and the brisket.

Cover the brisket with water, add the pickling spice, onion and celery, and return to a boil.

Reduce heat to simmer.

Cook for 2 hours or until tender.

Turn off the heat and allow the brisket to remain in the hot water for 5 to 10 minutes.

Remove the brisket. Allow to cool for an additional 5 to 10 minutes.

Slice thin and serve.