

Corned Beef Brisket with Carrots, Onion, and Cabbage

Yield: 6-8 hearty servings

A beloved meat dish enjoyed for centuries worldwide. Corned beef is preserved beef, typically made from brisket, and is first cured in a brine solution with a combination of salt, sugar, and spices. The name "corned beef" comes from the large grains of salt used in the curing process, known as "corns." This technique not only enhances the flavor of the beef but also acts as a method of preservation, allowing the meat to be stored for an extended period. In this recipe, we break it all down into manageable steps for making it. Let's get started!

Ingredients:

2-3 pound Beef Brisket

For Brining

3 tablespoons Steak Rub

3 tablespoons Hot Sauce

1/4 cup Kosher Salt or Prague Powder #1

1/4 cup Brown Sugar

1/4 cup Pickling Spice

For Cooking

2 teaspoons Steak Rub

2 tablespoons Olive Oil

1 cup Beef stock

1 cup gluten-free Beer [3]

2 Bay leaves

2 Garlic cloves, minced

Carrots, onions, and potatoes as you wish

Salt and Pepper

1 medium head of Cabbage, sliced

Instructions:

Corning the Beef

Trim any excess fat (known as the fat cap) from the brisket (if necessary) to prepare it for brining. Set the meat aside until needed.

Place the brining ingredients into a large pot with 8 cups (1/2 gallon) water and boil. Immediately turn off the flame and cool the mixture for approximately 30 minutes to room temperature.

Stirring will help cool it down.

Place the brisket into a container that will seal tightly and easily fit into your refrigerator. Add the cool brine, making sure that the liquid covers the brisket. Then seal the container and place it in the fridge to brine, setting for at least two days and up to 10 days.

To Cook

Preheat the oven to 225°F.

Rinse all the brine from the corned beef with cool water. Pat and dry with a paper towel. Then, season the meat, sprinkling liberally with the steak rub.

Heat a heavy-bottom pot or Dutch oven (with a lid) over medium-high heat, drizzle the bottom of the pot with olive oil, and brown the meat on all sides. Add the beef stock, beer, bay leaves, and minced garlic. Cover and transfer to the oven, roast for three to five hours at (225°F). Alternatively, you could transfer it to a slow cooker to roast. When the meat is fork-tender (the fork should slide in easily but not separate the meat), add carrots, onions, and potatoes, sprinkling the top with salt and pepper—roast for one more hour.

Check the brisket and potatoes (if included) for doneness. The meat should easily separate when a fork is inserted, and the potatoes should easily be pierced.

Add the cabbage, cover, and cook for about 30 minutes until the cabbage is tender but not mushy.

Remove the meat and vegetables to a warm platter. Slice the beef and top it with stock to keep it moist. Serve plated family style with bread or rolls and grainy mustard alongside. Enjoy!