

corned beef brisket serves 8

Recipe adapted from *wellnessmama.com*

Corned Beef often contains additives and dyes to get the color. Make your own with this delicious recipe and get the benefit of some delicious and healthier additions.

Brine

- 1- 4-5lb beef brisket
- 2 quarts of water
- 1 C of sea salt
- ½ C raw cane sugar
- 5 T pickling spice
- 5 garlic cloves, crushed
- 2-3 bay leaves, crushed
- ¼ C beet juice (optional)

Slow cooker

- 2 celery stalks, cut into 3-inch pieces
- 3 carrots, cut into 3-inch pieces
- 1 small yellow onion, cut into 1-inch wedges (root end left intact)
- ½ pound small potatoes, halved if large
- 6 sprigs thyme
- 1 t pickling spice
- ½ head green cabbage, cut into 1 ½-inch wedges
- grainy mustard for serving

Put the water, salt, sugar, pickling spice, crushed garlic, and bay leaves in a large pot and heat, stirring frequently, until sugar and salt dissolve. Cool liquid, using 2 cups of ice if needed, and place in fridge until very cold. It is very important that the brine is cold before it comes in contact with the meat.

For the 3-5 day brining process, you can either place the brisket in a large 2-gallon bag and add the brine, or place the brisket in a large glass container with a lid and add the brine. Either way, you want the brisket to be completely submerged and surrounded with the brine. Add the beet juice (if using) at this point once everything is cooled.

Place in the fridge (put inside another dish if you just use the plastic bag in case it leaks) and leave it there for at least 3 days (5 days if possible). Each day, flip it over and move the brine around. After 3-5 days, remove from the brine, rinse well with cool water.

In a 5-to-6-quart slow cooker, place celery, carrots, onion, potatoes, and thyme. Place corned beef, fat side up, on top of vegetables and sprinkle pickling spice; add enough water to almost cover meat (4 to 6 cups). Cover and cook on high until corned beef is tender, 4 ¼ hours (or 8 ½ hours on low). Arrange cabbage over corned beef, cover, and continue cooking until cabbage is tender, 45 minutes (or 1 ½ hours on low). Thinly slice corned beef against the grain and serve with vegetables, cooking liquid, and grainy mustard.



502 W Washington St Marquette, MI 49855
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