

CORNED BEEF

Recipe provided by Tuana Powell, The Masters' Ranch

INGREDIENTS: 5 lbs grass-finished boneless rump roast, brisket (or other roast, even bone-in), my friend in Australia uses beef tongue; i have yet to try that. 4 1/2 quarts of water 2 lbs coarse salt

DIRECTIONS: Heat water to dissolve salt then let cool completely. Stab thawed roast about 60 times with a long-tined meat fork. Pour salt water into a #3 ceramic crock and submerge roast into it. Weight down the roast with a plate and brick (or jar of water) or whatever. Place crock in a cool place and cover with kitchen towel. Let sit for 9 days. (I found some recipes, which called for turning the roast everyday, but we forgot to do that and it worked fine). To cook: Rinse roast, then place in a stockpot filled with enough water to cover roast 1 inch. Bring to slow boil, then pour off water, rinse out pot and refill with enough water to cover roast 1 inch. While water is heating add 2 tablespoons brown sugar, two bay leaves, 1 onion, quartered, 2 teaspoons nutmeg, and 1/4-cup vinegar. Cover and bring to slow boil, then simmer until meat falls off of a fork or skewer. (about 3 hours). Serve with mashed potatoes or for an easy potluck, break up the meat and stir into potatoes and serve in a crock pot.