

CORNERD BEEF SANDWICH MEAT

F EASY

Last Modified: 07/10/2013

PREP: 1 Hr
COOK: 5 + 2 Hrs
OVEN: 240 & 300

SANDWICH

MAKES 10 SANDWICHES

QUA	MEASURE	INGREDIENT	PROCESS
4 ~ 5	Pounds	Corned Beef Brisket (Cryovac Wrap)	Lean
1	Tbsp	Vegetable Oil	
4	3' x 2'	Heavy Duty Aluminum Foil Sheets	Clean

PREPARATION

FACTOID	Even though this process is somewhat involved, You can make a very reasonable tasting homemade Corned Beef without the need to own your own EXPENSIVE, large, low pressure cooker / smoker. I used to make a bi-monthly pilgrimage to Katz's Deli in the lower east side in New York City, well over \$30 for a sandwich - But W O W!!!!
HINTS	Choose a nice, lean, even thickness Brisket of Corned Beef with a very thin layer of fat <u>only</u> on the top (FEW streaks of fat in the inside). Search through ALL of the packages in the cooler and find the one you would like to eat.
CORNERD BEEF FACTOID	Corned Beef comes already packed in brine in a Cryovac Bag. Sometimes the powerfully flavored Spices: Coriander, Dill Seed, Brown Mustard Seed, Yellow Mustard Seed, Allspice, Bay Leaves, Cloves, Red Pepper, Black Pepper, Cinnamon, Cardamom and Star Anise are already floating in the Brining Solution (preferred). and sometimes they are in a separate packet packed inside the bag (avoid if possible). There are two different cuts of Beef that are traditionally "Corned". #1: The Brisket Cut: A flat rectangular piece of meat that is 1 1/2 to 2 inches thick. #2: The Point Cut: A thick triangular shaped piece of meat you want to avoid at all costs.
TOOLS	1) Electric Meat Slicer 2) Aluminum Half Sheet Pan & Wire Rack 3) Paper Coffee Filter 4) Fine Wire Strainer
PREP	None.
1	The Day Before: Cut open the corner of the Cryovac Bag, Pour the juices and spices inside into a fine wire screen basket lined with a coffee filter in order to save the spices. Carefully remove the Corned Beef Brisket from inside the Bag, Rinse into the fine wire screen basket in order to again, catch all of the spices clinging to the Brisket. Rinse out the bag and pour through the wire screen also. Set the Coffee Filter aside to dry a little.
2	The Day Before: Meanwhile, dry the Brisket thoroughly with paper towels. Trim off most of the fat, leaving only a thin 1/8 inch layer (or less) on top.
3	The Day Before: Brush as many of the reserved spices out of the Coffee Filter as you can into a bowl. Hand rub them evenly over the entire surface of the Corned Beef and let it stand at room temperature for 30 minutes. Or use the spices contained in the packet (if you absolutely can't find it any other way).
4	The Day Before: Take a 3 foot long x 2 foot wide piece of heavy duty aluminum foil and drizzle the Vegetable Oil on the dull side of the foil. Place the Corned Beef fat side down in the center of the foil and seal it completely by evenly FOLDING (NOT just crushing) the foil tightly around the beef. Place the sealed Corned Beef package, seam side down on another sheet of foil and repeat the sealing process (NO more Oil). IMPORTANT: You need to repeat this sealing process with clean foil for a total of 4 times in order to "pressure cook" the additional spices deep into the Corned Beef as it cooks.

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5	The Day Before: Preheat the oven to 240 degrees. Place the Corned Beef package flat, fat side UP in a large baking dish (it may still leak a little juice) and bake it for 5 hours.
6	The Day Before: Remove from oven and let cool - refrigerate overnight while still wrapped. Either wipe the package clean or refrigerate it while still in the baking dish (it might still leak).
7	2 1/2 Hours Before: Preheat the oven to 300 degrees. Unwrap the Corned Beef and place it fat side up on a flat rack in a roasting pan. Roast for 2 hours or until a nice dark, crusty "bark" develops on the outside surface. Allow the Roast to rest for an additional 30 minutes to allow the juices to redistribute.
SERVE	BUILD THE SANDWICH: Slice the hot Corned Beef thinly across the grain, (1/16 inch thick or less). Serve stacked high on hand cut, thick, crusty Rye Bread with a dark, flavorful Mustard and a slice of Swiss Cheese on top. You may reheat (steam) any leftover slices later in a covered pan with a little water.