

PASTRAMI 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
3	Tbsp	Fresh Ground Black Pepper	
2	Tbsp	Ground Coriander	
1/2	Tsp	Crushed Red Pepper Flakes	
1/4	Cup	Smoked Paprika	
2	Tbsp	Garlic Powder	
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 Pastrami 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 in the inside). Search through ALL of the packages in the cooler and find the one you would like to eat.
CORNED 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) Large Metal OR Glass Baking Dish 3) Paper Coffee Filter 4) Fine Wire Strainer 5) Wire Rack
PREP	None.
1	The Day Before: Cut open the corner of the Cryovac Bag, Pour the juices and spices inside into a fine wire strainer lined with a coffee filter in order to save the spices. Carefully remove the Corned Beef Brisket from inside the Bag, Rinse it 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 it through the wire screen also. Set the Coffee Filter aside to dry a little.
NOTE	If you can't find Smoked Paprika, an acceptable option is to mix 2 drops of Liquid Smoke (Colgin's Natural Hickory) into the Vegetable Oil before drizzling.
2	The Day Before: Brush as many of the reserved spices out of the Coffee Filter as you can into a small bowl. Or use the spices contained in the packet (if you absolutely can't find it any other way). Mix in all of the Recipe dry spices above and hand rub them evenly over the entire surface of the Corned Beef. Let it stand for 30 minutes.

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3	<p>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 tightly FOLDING (NOT simply crushing) the foil tightly against the Beef. Place the sealed Corned Beef package, seam side down on another sheet of foil and repeat the sealing process (NO more Oil).</p> <p>IMPORTANT: You need to repeat this sealing process for a total of 4 times in order to "pressure cook" the additional spices deep into the Corned Beef as it cooks.</p>
4	<p>The Day Before: Preheat the oven to 240 degrees with a rack in the center. 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.</p>
5	<p>The Day Before: Remove the Brisket from the oven and let it cool - refrigerate it overnight while still wrapped and still in the baking dish (it might still leak).</p>
6	<p>2 1/2 Hours Before Serving: Preheat the oven to 300 degrees. Unwrap the Pastrami and place it fat side up on a wire rack in the roasting pan. Roast it for 2 hours so a nice dark, crusty "bark" develops on the surface. Allow the Roast to rest for an additional 30 minutes to allow the juices to redistribute.</p>
SERVE	<p>BUILD THE SANDWICH: Slice the hot Pastrami thinly across the grain, (1/16 inch thick or less). Serve stacked high on hand cut thick, crusty Rye Bread with 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.</p>