



# How to Cure Your Own Corned Beef

Plan ahead to brine a beef brisket for St. Patrick's Day. You'll want to [purchase your brisket about a week before](#) your special meal.

## The Brisket

- 3 - 5 lb grass fed beef brisket
- 1 Tbsp. pickling spice mix (purchased, or see below to make your own)

## The Brine

Ingredients:

- ½ gallon water
- ¾ cup sea salt
- 1 ½ Tbsp. pickling spice mix
- ¼ cup natural brown sugar - I use "Sucanat."

Note: This amount of brine is sufficient for a 3 - 5 lb brisket brine in a 2 gallon freezer bag or marinating bag. Using a container with a lid will require more brine.

Note: This recipe does not call for the addition of pink curing salt (sodium nitrite). As a result, your corned beef will be a natural brown color rather than the pink color associated with corned beef.

Brining Instructions:

1. Mix the brine ingredients in a large bowl or pitcher. Stir until salt and sugar is dissolved.
2. Place brisket in freezer bag and fill about ⅓ of the way with brine.
3. Press out most of the air and seal bag.
4. Add more brine, if needed, until the piece of meat is fully covered.
5. Place in a container to catch any possible leaks.
6. Chill in the refrigerator for 5 - 7 days. Turn the bag occasionally so all sides are equally brined.
7. Note: I've brined for as little as 4 days or as many as one month with good results.

Cooking Instructions:

1. At the end of the cure, remove brisket from brine and rinse the meat with cold water. (You will discard the brine at this point.)

Find these ingredients, recipes and more at [www.willowhavenfarma.com/blog](http://www.willowhavenfarma.com/blog)



2. Place in a large pot that just fits around the brisket. Cover with about one inch of water. You may add another inch of water to the pot if you'd like your brisket to be less salty.
3. Add 1 Tbsp. pickling spices to the pot.
4. Bring to a boil then reduce to a low simmer for 3 - 4 hours.
5. You want your corned beef fork tender but not falling apart in order to slice it.
6. When tender, remove to a cutting board and slice against the grain to serve.

#### Additional Options:

1. Reserve the spiced liquid and add potatoes, carrots, cabbage to the pot.
2. Cook at a high simmer for 15 - 30 minutes, depending on the size of your cut vegetables.
3. Serve in bowls with meat, vegetables and broth.
  - a. Garnish with horseradish, mustard, or both, if desired.

## Bonus: Pickling Spice Mix

#### Ingredients:

- 1 Tbsp. whole allspice berries
- 1 Tbsp. whole mustard seeds (brown or yellow)
- 1 Tbsp. coriander seeds
- 1 Tbsp. red pepper flakes, or less
- 1 Tbsp. whole black peppercorns
- 9 whole cardamom pods, separated
- 6 bay leaves, crumbled

#### Instructions:

1. Mix spices together.
2. Store in a jar with a lid.
3. Keep adding to fermenting vegetables and your pickle making brine.