



100% Grass Fed Beef and Natural Vegetables  
Yoder, WY  
[meadowmaidfoods.com/recipes](http://meadowmaidfoods.com/recipes) (307) 534-2289

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## *Home-made Corned Beef Brisket*

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Total Time: 7-11 days. Your Time: 30 minutes.

It takes about 7-10 days to cure corned beef, then 1 day to let it cook, but your time is minimal. And the results - you won't ever want store-bought corned beef again!

### **Ingredients**

3-4 lb Meadow Maid Foods Grass fed Beef Brisket  
2.5-3 Tbsp. Sea Salt  
1.5 Tbsp. Black Peppercorns  
3 Tbsp. Brown Sugar (or Rapadura or Maple Syrup)  
3 Tbsp. Pickling Spice  
3/4 Tbsp. Garlic Cloves, crushed

**Note:** Do NOT skimp on the salt OR skimp on the sugar. The salt and sugar do the curing.

### **Curing the Brisket (Corning the brisket)**

Measure roast at thickest point. Place into heavy zip-lock bag and set aside.

Combine all other ingredients. Mix well. Rub spice mixture into roast, pressing in well, and close bag securely. Place in shallow pan in refrigerator.

Cure 5 days per inch of measured thickness, turning bag daily (I usually cure for 7-10 days). At the end of the curing time, cook the corned beef.

### **To Cook Corned Beef:**

Remove brisket from bag. Drain juices. Rinse under cold water to remove extra salt and spices.

Choose one of the following options:

- (My usual method) Cook 8-10 hours in a crock pot on low with about 1 cup of water. If desired, add small, whole potatoes, wedges of cabbage, and/or large pieces of carrot. Optimally, vegetables are added about 4 hours before serving. Veggies may be added at start of cooking time if you will not be available to add them later - they will just be very soft at the end.
- Or, cook as in step 2, but use a Dutch Oven or casserole pan with tight-fitting lid, and cook in the oven at 250.
- Or, wrap the rinsed brisket tightly in foil and bake at 250 F for 6-8 hours, until tender.