



Corned Beef

 **Gluten Free**  **Dairy Free**

READY IN



14600 min.

SERVINGS



8

CALORIES



417 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bay leaves crumbled
- 4 pound brisket trimmed
- 1 teaspoon peppercorns black
- 0.5 cup brown sugar
- 1 large carrots coarsely chopped
- 1 stalk celery coarsely chopped
- 1 cinnamon sticks
- 0.5 teaspoon ground ginger

- 2 pounds ice cubes
- 12 juniper berries whole
- 1 cup kosher salt
- 1 teaspoon mustard seeds
- 1 small onion quartered
- 2 quarts water
- 8 allspice whole
- 2 tablespoons saltpeter
- 2 tablespoons saltpeter

Equipment

- pot

Directions

- Watch how to make this recipe.
- Place the water into a large 6 to 8 quart stockpot along with salt, sugar, saltpeter, cinnamon stick, mustard seeds, peppercorns, cloves, allspice, juniper berries, bay leaves and ginger. Cook over high heat until the salt and sugar have dissolved.
- Remove from the heat and add the ice. Stir until the ice has melted. If necessary, place the brine into the refrigerator until it reaches a temperature of 45 degrees F. Once it has cooled, place the brisket in a 2-gallon zip top bag and add the brine. Seal and lay flat inside a container, cover and place in the refrigerator for 10 days. Check daily to make sure the beef is completely submerged and stir the brine.
- After 10 days, remove from the brine and rinse well under cool water.
- Place the brisket into a pot just large enough to hold the meat, add the onion, carrot and celery and cover with water by 1-inch. Set over high heat and bring to a boil. Reduce the heat to low, cover and gently simmer for 2 1/2 to 3 hours or until the meat is fork tender.
- Remove from the pot and thinly slice across the grain.

Nutrition Facts



■ PROTEIN **46.53%** ■ FAT **37.43%** ■ CARBS **16.04%**

Properties

Glycemic Index:19.73, Glycemic Load:0.57, Inflammation Score:-8, Nutrition Score:24.259999886803%

Flavonoids

Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg

Nutrients (% of daily need)

Calories: 417.24kcal (20.86%), Fat: 16.95g (26.08%), Saturated Fat: 5.91g (36.91%), Carbohydrates: 16.36g (5.45%), Net Carbohydrates: 15.41g (5.6%), Sugar: 14.24g (15.83%), Cholesterol: 140.61mg (46.87%), Sodium: 14358.07mg (624.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 47.42g (94.84%), Vitamin B12: 5.51µg (91.85%), Zinc: 9.94mg (66.25%), Selenium: 38.36µg (54.8%), Vitamin B6: 0.99mg (49.5%), Phosphorus: 467.9mg (46.79%), Vitamin B3: 9.11mg (45.55%), Vitamin A: 1532.7IU (30.65%), Iron: 4.79mg (26.64%), Potassium: 839mg (23.97%), Vitamin B2: 0.4mg (23.44%), Vitamin B1: 0.24mg (16.11%), Magnesium: 62.79mg (15.7%), Manganese: 0.31mg (15.44%), Copper: 0.28mg (13.83%), Vitamin B5: 0.87mg (8.72%), Vitamin K: 6.69µg (6.38%), Calcium: 57.82mg (5.78%), Vitamin E: 0.84mg (5.57%), Folate: 22.01µg (5.5%), Fiber: 0.94g (3.78%), Vitamin C: 1.43mg (1.73%)