



New England-Style Pickled Beef



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



442 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons pickling spice
- ☐ 8 bay leaves
- ☐ 4.5 pound brisket trimmed
- ☐ 2 tablespoons peppercorns black
- ☐ 1.5 cups carrots 2-inch-thick ()
- ☐ 1 tablespoon coriander seeds
- ☐ 4 garlic cloves crushed
- ☐ 2 pound cabbage green cored quartered

- ☐ 2 cups ice cubes
- ☐ 1 tablespoon juniper berries crushed
- ☐ 0.8 cup kosher salt (such as Diamond Crystal)
- ☐ 6 small onions peeled halved
- ☐ 9 small potatoes red quartered
- ☐ 0.5 cup sugar
- ☐ 6 thyme sprigs
- ☐ 7 cups water divided

Equipment

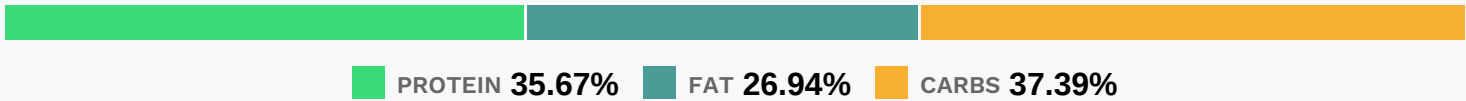
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ pot
- ☐ ziploc bags

Directions

- ☐ Combine 1 cup water, peppercorns, and the next 6 ingredients (peppercorns through garlic) in a small saucepan; bring to a boil. Reduce heat, and simmer 5 minutes.
- ☐ Remove from heat.
- ☐ Pour into a large bowl; cool to room temperature.
- ☐ Add remaining 6 cups water, salt, and sugar, stirring until salt and sugar dissolve.
- ☐ Pour salt mixture into a 2-gallon zip-top plastic bag.
- ☐ Add ice and brisket; seal. Refrigerate 3 days, turning bag occasionally.
- ☐ Remove brisket from bag, and discard brine. Pat brisket dry with paper towels.
- ☐ Place brisket in a large stockpot; cover with water. Bring to a boil; skim foam from surface. Cover, reduce heat, and simmer 2 1/2 to 3 hours or until brisket is tender.
- ☐ Remove brisket from pan; keep warm. Reserve cooking liquid.

Add carrots, cabbage, potatoes, and onions to reserved cooking liquid; bring to a boil. Reduce heat, and simmer 30 minutes or until tender.

Nutrition Facts



Properties

Glycemic Index:24.99, Glycemic Load:8.5, Inflammation Score:-10, Nutrition Score:34.319564943728%

Flavonoids

Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 8.2mg, Quercetin: 8.2mg, Quercetin: 8.2mg, Quercetin: 8.2mg

Nutrients (% of daily need)

Calories: 442.25kcal (22.11%), Fat: 13.34g (20.53%), Saturated Fat: 4.57g (28.54%), Carbohydrates: 41.67g (13.89%), Net Carbohydrates: 34.82g (12.66%), Sugar: 14.74g (16.38%), Cholesterol: 105.46mg (35.15%), Sodium: 7266.99mg (315.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.75g (79.5%), Vitamin K: 83.68µg (79.7%), Vitamin B12: 4.13µg (68.89%), Vitamin B6: 1.13mg (56.74%), Vitamin A: 2835.68IU (56.71%), Zinc: 8.15mg (54.34%), Vitamin C: 43.46mg (52.67%), Phosphorus: 465.2mg (46.52%), Vitamin B3: 8.7mg (43.51%), Selenium: 29.47µg (42.09%), Potassium: 1439.78mg (41.14%), Manganese: 0.79mg (39.27%), Iron: 6.01mg (33.37%), Fiber: 6.85g (27.41%), Magnesium: 95.63mg (23.91%), Vitamin B1: 0.36mg (23.7%), Vitamin B2: 0.4mg (23.54%), Copper: 0.42mg (21.22%), Folate: 83.55µg (20.89%), Calcium: 128.7mg (12.87%), Vitamin B5: 1.25mg (12.52%), Vitamin E: 1.25mg (8.34%)