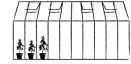


Corned Beef



Jaz Mathisen

AWAKINO STATION

Ingredients:

- 1 corned beef or silverside
- 1 tbsp brown sugar
- 1 tbsp vinegar - malt or apple cider
- 1 onion, quartered
- 1 tsp black peppercorns
- 1 bay leaf

Optional extras:

- 1 stalk celery, sliced
- 1 carrot, roughly chopped
- (Or try using the vegetable scraps such as the peelings and celery leaves)

Notes:

- If you plan on using the corned beef for sandwiches, allow the meat to cool completely in the crockpot before removing. This stops the corned beef from drying out.
- Try using leftover corned beef in my creamy potato soup

Method:

1. Wash the corned beef or silverside under cold running water to rinse off any excess brine and place into the crockpot.
2. Add the remaining ingredients and add enough water to cover the corned beef completely.
3. Turn the slow cooker on and cook on high for 5-6 hours or on low for 8-10 hours.
4. To check the doneness you can push a skewer or fork into the centre of the corned beef and it should slide in easily with little resistance.
5. Remove the corned beef and allow it to sit on a plate to rest for 10 minutes before slicing against the grain.

