

## Corned Beef

1 package of prepared pickling spice (142g)

$\frac{1}{2}$  teaspoon crushed cloves

$\frac{1}{2}$  teaspoon ground cinnamon

5 cloves garlic, crushed

2 tablespoons brown sugar

5 tablespoons Morton Tender Quick

1 beef brisket about 6 pounds cut in half or any cut of beef -inside Round works well. It should be no more than 3 cm thick to allow for marinade to penetrate

In a bowl combine well the box of prepared pickling spice, cloves, cinnamon, garlic, tender quick, and brown sugar. Punch holes in the meat all the way through every inch using a knife. Place meat in stainless bowl overnight and then cover in water and place fridge for a week to 10 days. It can be frozen in the brine.

To cook, wash the roast off in water and add a fair amount of water to roast pan with the meat. Cook till tender (3 - 4 hours on low heat) at 275. Remove and slice immediately thinly across the grain