



WELL SEASONED

BY SUZANNE PODHAIZER

Dry-Brined, Braised Corned Beef & Cabbage

Because I don't use pink curing salt — which is a mixture of salt and sodium nitrite — my beef doesn't stay rosy in color. I also cure it for fewer days than one would in a traditional recipe. Nevertheless, it tastes wonderful.

Also, even though this is a braise, I typically skip the searing step. However, you could sear the meat, if you choose. And, as the traditional cooking liquid for corned beef is water, I skip the pre-braise liquid-reduction step. As I intimated earlier, I'm not one for following rules.

TO CURE THE BEEF:

6ish pounds of beef brisket

1 ounce of kosher salt per 1 ½ pounds of beef (so if your brisket is 6 pounds, use 4 ounces of kosher salt by weight)

2 ½ tablespoons dark brown sugar

2 ½ tablespoons whole peppercorns

2 tablespoons yellow mustard seeds

1 ½ tablespoons whole allspice

1 ½ tablespoons whole coriander seeds

1 tablespoon celery seeds

8 bay leaves, torn up

6 cloves garlic, sliced

Remove the brisket from its packaging and pat dry with paper towels or a clean kitchen towel, depending on your preference.

Whisk the salt, sugar and spices together in a bowl. Press the mixture onto all sides of the brisket. Place the meat into a large, zippered bag, squish out as much air as you can, and place in the fridge. Cure for five days, flipping the bag daily.

TO BRAISE THE BEEF:

Your cured beef, thoroughly rinsed to remove visible salt and seasonings.

6 cups water, chicken broth, beef broth, beer, or a combination

4 cloves

3 bay leaves

1 cinnamon stick

½ chunk fresh ginger

The zest of 1 orange



Preheat the oven to 300°F. Place the beef in a roasting pan, Dutch oven, or some other large vessel, with the fat side up. Add the liquid and the spices, cover with a layer of parchment paper, and then a lid, or add a top layer of foil and seal tightly.

After three hours, check the meat to see how it's coming along. You'll ultimately want it to be so tender that you can

pull it apart with two forks, which will likely take 5 to 6 hours.

COOKING THE VEGETABLES:

1 medium green cabbage, cut into 8 wedges

4 carrots, halved

1 head garlic, cloves peeled

1 large onion, quartered

3 pounds golden potatoes, halved

When you estimate the the beef has approximately an hour remaining until it's perfectly cooked, add the vegetable to the pan, cover, and return to the oven. Continue cooking until the vegetables are as you like them.

If you find that the beef is done but the veggies are not, you can remove the meat to a plate, tent it with foil, and keep cooking the vegetables. If the vegetables are done, but the meat needs more time, you can scoop them into a bowl, add some butter, cover them, and let the meat keep going.

TO SERVE:

Serve with butter and Dijon mustard. If you're feeling ambitious, you can remove the meat and veggies from the pan, and reduce the liquid to make a sauce. However, because the cured meat is salty, sometimes the liquid will end up on the brinier side, and some may want to skip it. Taste it and decide what you'd prefer. I sometimes freeze the cooking liquid and add it to other dishes in judicious amounts.

