

RECIPE OF THE WEEK

Corned Beef

Ingredients

- 1½ qt. water
- 2 tbsp. sea salt
- 5 Splenda packets
- 6 cups of cabbage – shredded
- Black pepper to taste
- 1½ lbs flank steak (24 oz)
- ½ tsp. pink salt (optional)
- 1 large garlic clove, smashed
- 2 tbsp. pickling spice
- Beef broth



Preparation

1. In a large saucepan, combine the spice, salt, garlic, water and bring to boil. Stir constantly and once mixed, remove from heat.
2. Set aside and cool off to room temperature.
3. Tie flank steak into a roll, place in a bowl, and cover with brine. Weight down with a plate to keep it submerged. Leave it like this in refrigerator overnight.
4. Remove from the brine and place the flank steak in a large pot or dutch oven and cover steak with the beef broth and water (if needed).
5. Cover pot and bring to a boil, then reduce heat to medium-low.
6. Simmer until tender.
7. Add cabbage and cook for 15 min more. Remove meat and let it rest.
8. Cut, serve and enjoy!

