
Corn Beef Brine



Servings: 8

Brine

- 1 quart water
- 1/3 cup Kosher salt
- 1 tablespoon pink curing salt
- 1/3 cup granulated sugar
- 2 tablespoons firmly packed brown sugar
- 1 tablespoon honey
- 1 tablespoon pickling spice
- 6 each juniper berries
- 1 teaspoon coriander seeds
- 1 teaspoon yellow mustard seeds
- 1 teaspoon fresh garlic
- 4 cups cups

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2 1/2 pounds Beef brisket

Bring all brine ingredients except ice water to a simmer and cook just until sugar and dissolves

Let brine cool for about 5 minutes, and then add to ice water

Place brine in cooler until cold

Trim brisket leaving a thin layer of fat over top

Submerge brisket in cold brine

Allow brisket to set in brine refrigerated for 5 days, flipping and stirring brine on a daily basis to insure that the brine has contact with all parts of the brisket

Remove from brine, rinse, and cook in simmering water until fork tender .

**Yield: 2 1/2 pounds**

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*Per Serving (excluding unknown items): 492 Calories; 38g Fat (70.1% calories from fat); 24g Protein; 12g Carbohydrate; trace Dietary Fiber; 104mg Cholesterol; 3853mg Sodium. Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 0 Vegetable; 5 1/2 Fat; 1 Other Carbohydrates.*

