



Sous Vide Corned Beef



SERVES: 10

PREP TIME: 7 DAYS

COOK TIME: 48 HOURS

Ingredients

- Half a brisket

Brine

- 40 g coriander
- 40 g peppercorns
- 20 g dry mustard seed
- 40 g dill seed
- 4 g clove, divided
- 4 g chili flake, divided
- 126 g salt
- 7 g prague Powder No. 1
- ½ cup (65 g) brown sugar
- 12 cups (3 liters) water, cold

Rub

- 50 g coriander
- 42 g peppercorns
- 27 g dry mustard seed
- 27 g dill seed
- 4 g clove
- 4 g chili flake
- 4 g dried rosemary

Preparation

1. In a large vacuum sealable bag or zipper-top bag, add all ingredients for brine and stir to combine. Add the brisket to the bag. If using a vacuum sealable bag, place top into vacuum sealer and simply seal, do not vacuum seal.
2. Place the sealed brisket in brine in the fridge for 7 days, flipping every day or so to keep the brine mixed.
3. After the brine is done, remove the brisket from the bag and pat dry with paper towels. Discard the brine.
4. Fill and preheat your water bath to 140 °F (60 °C) using your immersion circulator.
5. Add all ingredients for the rub to a small plastic bag. Place on a cutting board. Using a meat tenderizer or simply a pint glass, gently pound the spices to break them open a bit.
6. Season the brisket with the rub, evenly distributing it with your hands.
7. Add the brisket to a vacuum sealable bag, remove the air, and seal. Add to water bath and cook for 48 hours.
8. Remove the brisket from the water bath and bag. Place on a cutting board and cut into thin slices. Serve.