

From Helen Gunderson of Ames, Iowa  
from a 13-page Word document on curing meat from the  
Iowa State University Families Extension Answer Line  
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## **Deli-Style Corned Beef**

1 beef brisket, 4--6 pounds  
5 tablespoons Morton Tender Quick mix  
2 tablespoons brown sugar  
1 tablespoon ground black pepper  
1 teaspoon ground paprika  
1 teaspoon ground bay leaves  
1 teaspoon ground allspice  
1/2 teaspoon garlic powder

Trim surface fat from brisket. In small bowl, mix Morton Tender Quick mix, and remaining ingredients, and spices. Rub mixture into all sides of brisket. Place brisket in plastic bag and tie end securely. Refrigerate and allow to cure 5 days per inch of meat thickness.

Place brisket in Dutch oven. Add water to cover. Bring to a boil; reduce heat. Simmer until tender, about 3 - 4 hours.