

# CORNED BEEF

Sarasota Paper

comments

Of all the recipes I have ever had for corned beef, this produces the most tender, tastiest, juiciest roast ever.

The leftovers — if there are any — are terrific sliced thin for sandwiches.

notes

I find that the Swift Premium, premium flat cut is the most tender. I used one other brand and had to throw it away; we couldn't eat it.

Use one sheet or two of heavy-duty foil that, when sealed, will hold the beef.

Need to start 6-1/2 hours before you want to eat. Oven will be preheated to 300°.

## Ingredients

prepare in advance

**Have available**

3- to 4-pound corned beef (largest one you can find)

**Chop**

1 celery rib, with leaves

**Slice thinly**

1 small orange, with rind  
1 medium onion  
1 carrot

**Measure**

1/4 cup beef broth (or veal, or chicken)  
2 to 3 tsp. pickling spices (I don't use the spices that came with it, if any)

complete recipe

Remove meat from packaging; rinse.

Put in large bowl and cover with water; refrigerate for 2 hours.

Drain meat and pat dry.

Place foil in baking pan with sides of foil curved upward.

Place beef in center of foil.

Pour beef broth over.

Distribute rest of ingredients on top of meat.

Seal foil so that liquid cannot escape.

Bake for 4 hours at 300°.