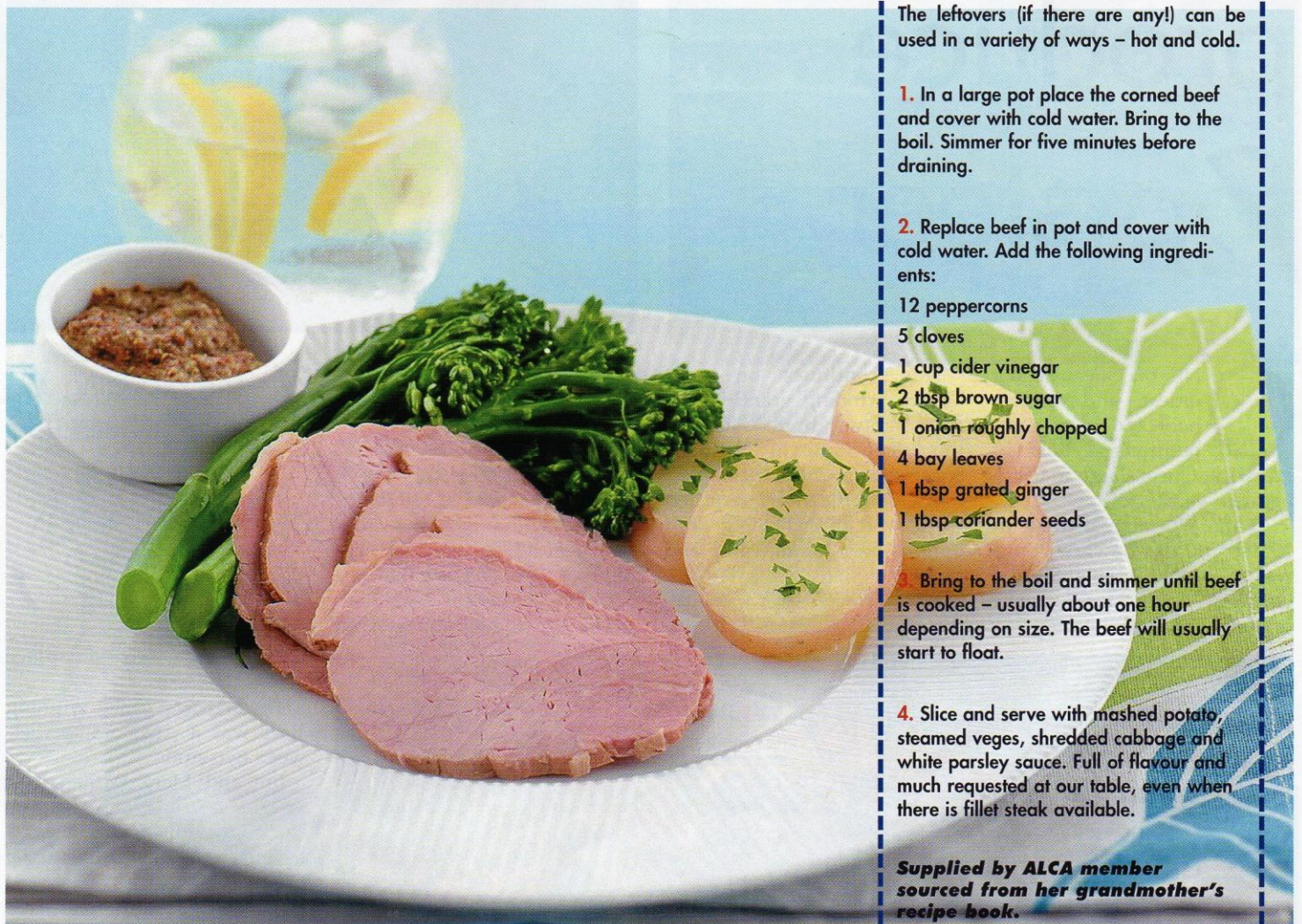




# Old-fashioned Lowline corned beef



**C**ORNERD beef can be stringy and tough, but Lowline corned beef is tender, and because of its size, it takes less time to cook.

The leftovers (if there are any!) can be used in a variety of ways – hot and cold.

1. In a large pot place the corned beef and cover with cold water. Bring to the boil. Simmer for five minutes before draining.

2. Replace beef in pot and cover with cold water. Add the following ingredients:

- 12 peppercorns
- 5 cloves
- 1 cup cider vinegar
- 2 tbsp brown sugar
- 1 onion roughly chopped
- 4 bay leaves
- 1 tbsp grated ginger
- 1 tbsp coriander seeds

Bring to the boil and simmer until beef is cooked – usually about one hour depending on size. The beef will usually start to float.

4. Slice and serve with mashed potato, steamed veges, shredded cabbage and white parsley sauce. Full of flavour and much requested at our table, even when there is fillet steak available.

**Supplied by ALCA member sourced from her grandmother's recipe book.**

Even when fillet steak is available, Lowline corned beef gets the nod at many tables.