

## Corned Beef

This is a delicious recipe for a cold winter's evening. Comfort food at its best.

A combination my dear mother in law's ingredients served with very tasty white sauce with a twist.

This recipe feeds 5-6 people. Serve with baked vegetables of your choice.

In a large saucepan add the following:

1 thick slice each of orange and lemon

5-6 cloves and peppercorns

3-4 sticks of celery with leaves

1 large onion and carrot

¼ of a cabbage

3-4 cloves garlic

2 bay leaves

½ red capsicum

3-4 large sprigs of parsley and dill

A splash of white vinegar and a teaspoon of sugar



Place your corned beef silverside (approx. 1.5 kilos) on top of the vegetables and cover with cold water. Cover and bring to the boil. Reduce heat to low. Cooking time is normally ½ an hour per 500 grams or according to the time recommended on the packaging.

### Mustard and Caper White Sauce

30 grms unsalted butter

2 tbspn plain flour

200 mls reserved stock from Corned Beef and approx. 1 cup milk

1 tbspn Dijon Mustard

2 tbspns baby capers

1-2 tbspns grated pecorino or parmesan cheese

2 tablespoons of parsley and dill finely chopped

Salt and pepper as desired

Melt butter and add flour to make a white sauce base adding stock and milk to thicken as desired

Add Dijon mustard, capers, cheese and finely chopped parsley and dill.

I serve my corned beef with lots of delicious vegetables; either mashed or baked potatoes;

Baked zucchini, eggplant, sweet potato and pumpkin together with olive oil and fennel seeds, salt and pepper ; Steamed beans and broccoli all served with lashings of the mustard sauce.

Perfect comfort food!! Enjoy 😊

Monika