
Barbecued Corned Beef

Virginia M Dimock - East Longmeadow, MA

Olde Family Favorites - Order of the Eastern Star -1965

Servings: 8

1 five-pound corned beef brisket

3 slices onion

cloves

6 whole black peppers

1 bay leaf

1/2 teaspoon dried rosemary

1 clove garlic

2 rings green pepper

1 stalk celery

1 carrot, peeled

few sprigs parsley

2 tablespoons butter or margarine

1 tablespoon mustard

1/3 cup brown sugar

5 tablespoons ketchup

3 tablespoons vinegar

Place the meat in a large deep kettle. Cover with cold water.

Stud the onion slices with cloves and peppers. Add to the meat with the bay leaf, rosemary, garlic clove and pepper rings. Tie the celery, carrot and parsley together with a string. Add to the kettle.

Cover the kettle and bring to a boil. Reduce the heat and simmer until almost tender.

About 30 minutes before the meat is done, transfer the mixture and meat to a shallow pan. Dot with the whole cloves.

In a saucepan, heat the butter, mustard, brown sugar, ketchup and vinegar until well blended. Pour the mixture over the corned beef.

Bake in the oven at 350 degrees for 30 minutes or until brown, basting occasionally.

Beef

Per Serving (excluding unknown items): 96 Calories; 4g Fat (32.4% calories from fat); 2g Protein; 16g Carbohydrate; 2g Dietary Fiber; 10mg Cholesterol; 180mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Vegetable; 1/2 Fat; 1/2 Other Carbohydrates.