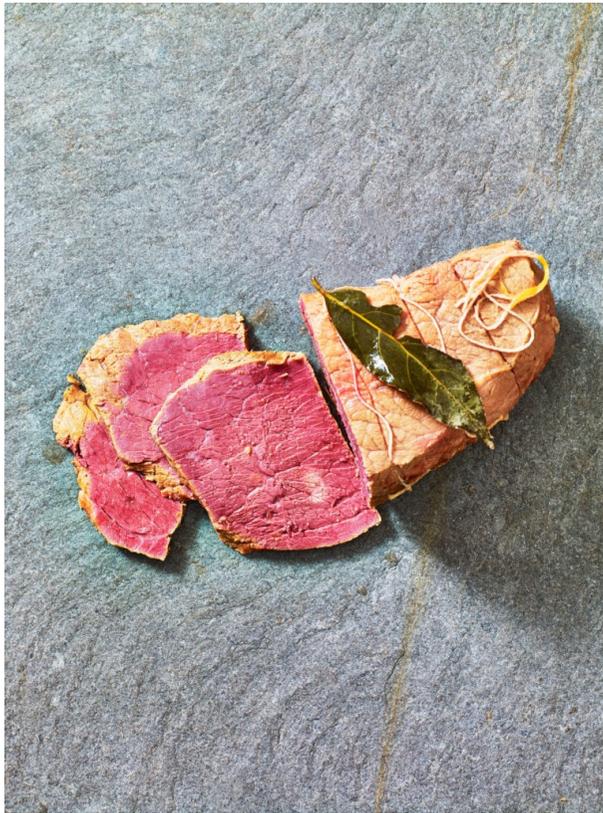


Hot Salt Beef

Serves
8-10

Prep Time
6 days curing process
plus 15 minutes

Cooking Time
2-3 hours



Ingredients

- 2 kg piece Scotch Beef PGI silverside, unrolled
- Basic Brine Cure (use our recipe)
- 1 tbsp juniper berries
- 1 tbsp mustard seed
- 1 tbsp fennel seeds
- 1 tbsp black peppercorns
- TO COOK
- 1 stick celery
- 1 large carrot, halved
- 1 leek, split halfway through
- 1 bay leaf
- 10 baby beetroots to add towards end of cooking

Cooking Method

- 1 - To make this hot salt beef recipe, you will first have to make the cure from our basic brine cure recipe and add the additional flavourings before first boil.
- 2 - Stab the beef all over with a thick needle or skinny bladed knife so that the brine and flavourings can permeate more easily. Chill the meat, submerged in the cold curing liquid, cure for at least 5 or 6 days, turning in the liquid at least once a day.
- 3 - Lift the silverside from the brine, rest the meat in the fridge for a day if you can, to let the salts permeate more evenly, keeping the joint more moist. Next day rinse it under cold running water then roll it up and tie securely with butchers string unless it's a nice shape as it is. Place it in a deep pan with the vegetables for cooking, cover with cold water, bring to a simmer then cover the pan with a lid and simmer gently for 2 to 3 hours, add the baby beetroots for the last 30-40 minutes of cooking time, until the beef is very tender.
- 4 - Take out the beetroots with a slotted spoon and pinch off the skins when cool enough to handle.
- 5 - Remove the pan from the heat and set aside for at least 20 minutes while you assemble the rye bread, butter, pickles and beetroot.
- 6 - Lift the salt beef from the cooking liquid and slice generously thick. Pile onto a plate to serve while still hot, with the rye bread, butter, beetroot and pickles, and let people help themselves.
- 7 - The salt beef will keep for up to a week in the fridge.



Find all recipes at scotchkitchen.com