



Sous Vide Corned Beef with Smokey Rueben Slaw

With the same idea of dry-brining a turkey, dry-brining a brisket uses salt to draw out the moisture, the moisture gets seasoned with the rub, then reabsorbed back into the meat.

A 48-hour sous vide produces a juicy, tender and moist corned beef, while the 10-hour sous vide makes a corned beef that's a bit firmer and drier. If you are just making corned beef for hash or sandwiches or pressed for time, the 10-hour version will be great.

And if you are looking to speed this process up, you can start with an already brined corned beef from your butcher or grocery store, rub with the SpitJack Smoked Rub before sous viding using either time or temperature.

Ingredients

For the corned beef:

- 5-pound beef brisket, some fat trimmed
- 1 cup SpitJack Smoked Rub
- 40 grams kosher salt
- 10 grams pink curing salt or saltpeter
- 2 tablespoon yellow mustard seeds
- 6 whole cloves
- 6 bay leaves

For the slaw:

- 1 small head red cabbage
- 2 tablespoon canola oil
- ½ cup Hellmann's mayonnaise
- ½ cup Heinz ketchup
- ½ cup canola oil
- 2 tablespoons harissa or chipotle paste
- 2 tablespoons chopped pickles or sweet relish
- 2 tablespoons pickle juice
- 2 teaspoons SpitJack Smoked Rub
- 1 bunch scallions, thinly sliced

¼ cup parsley leaves, roughly chopped

Salt and pepper

Special equipment needed:

Vacuum sealer or silicone bag

Sous vide immersion circulator cooker

Cast iron pan

Procedure

To prepare the corned beef:

1. Combine the SpitJack Smoked Rub, kosher salt, pink salt, mustard seeds, and cloves in a mixing bowl and stir until well-mixed.
2. Rub evenly over the brisket, pressing so that the rub and seeds stick. Place the bay leaves on top of the brisket.
3. Seal the brisket in a vacuum-sealed bag or a zipper top bag with all of the air pressed out.
4. Place the bag in the refrigerator for 7-8 days, flipping over once a day to evenly disperse the rub.

To cook the corned beef:

1. When ready to cook the brisket, set up the sous vide cooker according to the manufacturer's directions. Set the temperature to 140F and the timer for 48 hours.
2. Remove the brisket from the sealed bag and rinse off the rub under cold running water and pat dry with paper towels.
3. Reseal in a vacuum-sealed bag or silicone bag and place in the water bath.
4. Over the 48 hours, refill the water as needed. It may help to cover the water bath with foil to keep water from evaporating.

To finish the corned beef:

1. After 48 hours, remove the corned beef from the water bath and store the corned beef in the fridge until ready to serve.
2. When ready to serve, slice against the grain and serve with the Smokey Rubeen Slaw.

Alternatively, to cook the corned beef:

1. When ready to cook the brisket, set up the sous vide cooker according to the manufacturer's directions. Set the temperature to 180F and the timer for 10 hours.
2. Remove the brisket from the sealed bag and rinse off the spices under cold running water and pat dry with paper towels.
3. Reseal in a vacuum-sealed bag or silicone bag and place in the water bath.
4. Over the 10 hours, refill the water as needed. It may help to cover the water bath with foil to keep water from evaporating.

To prepare the slaw:

1. Cut the cabbage in half through the core, then into quarters. Slice each quarter in half, keeping the core intact. Repeat with the radicchio.
2. Drizzle the wedges with canola oil and season with salt.
3. Heat the cast iron pan over medium-high heat.
4. Place a few wedges in the hot pan and cook for 2-3 minutes. Flip over the wedges and cook for an additional 2-3 minutes. Remove from pan and repeat with the remaining wedges.
5. Once cool enough to handle, thinly slice the cabbage and place in a large mixing bowl.
6. In a small bowl, stir together the remaining ingredients and season with salt and pepper.
7. Pour dressing over the cabbage mixture and toss together.
8. Serve with the corned beef.

To finish the corned beef:

1. After 10 hours, remove the corned beef from the water bath and store corned beef in the fridge until ready to serve.
2. When ready to serve, slice against the grain and serve with the Smokey Rueben Slaw.

SpitJack Smoked Rub for Brisket and Beef is available on the SpitJack website at <https://spitjack.com/collections/smoked-rub>, or on Amazon.com. If you have any questions or comments about this page, please contact us at 800 755 5509.

