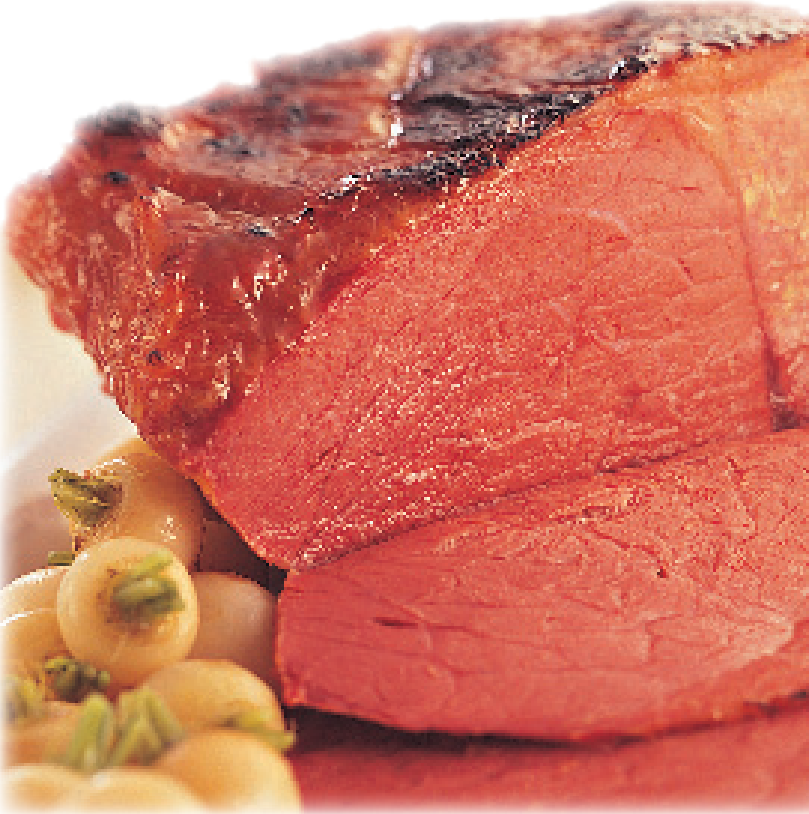
Corned Beef in Ginger Beer



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This recipe for corned beef (also known as silverside), provides a nourishing family meal with an extra gingery zing.

Corned Beef in Ginger Beer

Ingredients - Serves 6-8

1.5kg corned beef silverside
1 onion, skinned and cut in wedges
1 Granny Smith apple, peeled and cut in wedges
4 cups ginger beer

Glaze
1 Tbsp Dijon mustard
1 Tbsp brown sugar

Method

Rinse beef in cold water. Place onion and apple in a large saucepan and stand beef on top, pour ginger beer over. Bring to the boil, cover and simmer gently for 2-2½ hours until tender.

Remove beef and score fat into diamond shapes. Mix mustard and brown sugar together and spread over. Grill 4-5 minutes until golden. Serve with the Ginger and Mustard Sauce.

Ginger and Mustard Sauce
2 tsp minced ginger
50g butter
4 Tbsp flour
2 cups chicken stock
2 Tbsp Dijon mustard
1-2 tsp brown sugar

Gently pan-fry the ginger in the butter for 2-3 minutes. Stir in flour and cook till frothy. Gradually add stock, stirring continuously until sauce thickens. Mix in mustard and brown sugar. Season with salt and pepper.

Recipe courtesy of Allyson Gofton

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