



Miele

Corned beef

By Miele

20 minutes

Preparation time

4 hours

Cooking time

8 servings

Serves

INGREDIENTS

Corned beef

- 1 x 2kg piece corned beef
- 1 cinnamon stick
- 2 cardamom pods
- 1 bay leaf
- 2 tsp peppercorns
- 1 tsp coriander seeds
- 1 tsp yellow mustard seeds
- 1 tsp whole allspice
- 1 tsp juniper berries

Béchamel sauce

- 60g butter
- 60g plain flour
- 500ml milk
- 1 tbsp grain mustard
- Salt flakes, to taste

Steamed vegetables

- 500g baby Kipfler potatoes, scrubbed
- 500g carrots, roughly chopped
- 2 x Savoy cabbages, quartered

METHOD

Corned beef

1. Place all ingredients into a deep unperforated steam container and cover completely with water. Place into the steam oven and Steam at 90°C for 4 hours.

Béchamel sauce

1. In a medium sized saucepan, melt the butter on medium-high heat, induction setting 7. Add the flour and cook until the flour slightly changes colour to achieve a blonde roux.
2. Whisk in the milk, ensuring there are no lumps and then bring to the boil, induction setting 7.
3. Once boiled, reduce heat to low heat, induction setting 3 and cook for 20 minutes, stirring well until sauce thickens and is smooth. Stir in grain mustard and salt.
4. Reduce heat to induction setting, Keep Warm. Place a piece of baking paper or cling wrap directly on the surface of the sauce and keep warm until ready to serve.

Steamed vegetables

1. Place the carrots and potatoes in a perforated steam container. When the beef has 40 minutes left on the minute minder, add the vegetables into the steam oven with the beef and set a minute minder for 25 minutes.
2. Once the minute minder has sounded, add the cabbage and steam for a further 15 minutes.

To serve

1. Remove the beef from the cooking juices and allow to rest before slicing against the grain. Serve with steamed vegetables and béchamel sauce.

Hints and tips

- Leftover corned beef can be used to make Reuben sandwiches.