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the market



**Corned Beef**

# Corned Beef

## Ingredients

2 - 4 lbs. corned beef

1 lg. onion

1 tablespoon peppercorns

Salt - optional

1/4 cup corn syrup

1/4 cup yellow mustard

## Preparation

Place corned beef in a large stockpot. Cover with water. Place over medium high heat and boil for 1 hour. Pour off water and re-cover with new water. Add onion, black pepper and salt if desired. Bring to a boil and cook 2-4 hours until tender. Cool overnight.

Remove beef from liquid and remove as much surface fat as possible. Place on baking sheet. Whisk together corn syrup and mustard in a small saucepan. Bring to a boil and remove from heat. Cool slightly and brush on cold corned beef, let sit for 5-10 minutes and brush on another coat. Bake at 350° for 30 minutes, until heated through