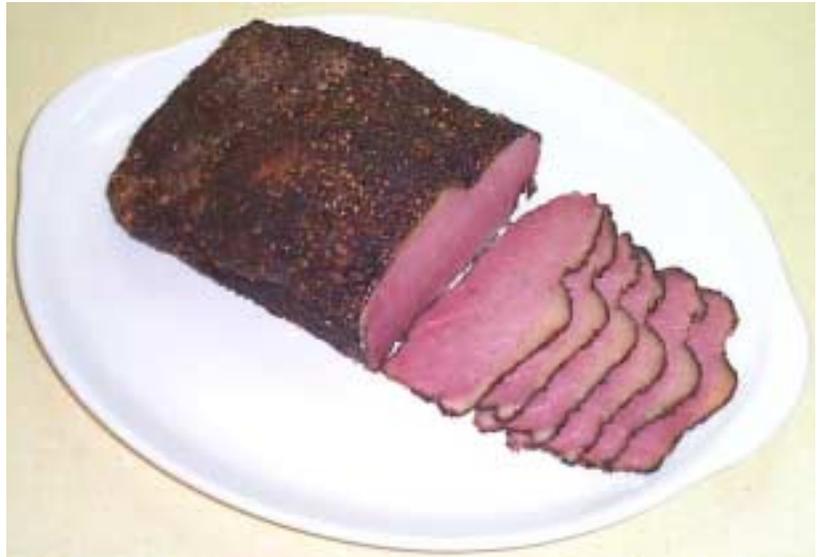


# Pastrami

U.S.	Ingredient	Metric
5 lb.	Beef brisket, lean	2270.0 g
2½ qt.	Water, pure or bottled	2500.0 ml
5 Tbs.	Salt	100.0 g
2 Tbs.	Cure #1	40.0 g
¼ cup	Garlic cloves, crushed	35.0 g
2 Tbs.	Sugar	25.0 g

## Spice Coating

2 Tbs.	Pepper, black, coarse	16.0 g
3 Tbs.	Coriander, cracked	10.0 g
1 Tbs.	Garlic cloves, minced	5.0 g



**2 ½ liters of brine is sufficient to pump 5 lb. of Beef brisket (2.3 Kg)**



*Pastrami after curing*



*Pastrami before smoking*

## Method:

1. Trim brisket of excess fat; chill brisket to 38°F (4°C)
2. Prepare the brine by dissolving salt, sugar, and cure in warm water; refrigerate to cool the solution to 38°F (4°C).
3. Spray pump the brisket to about 115% of its original weight and pack loosely in a non-reactive container;
4. Add the remaining brine to cover the meat and add garlic, stirring the whole very well.
5. Allow to cure for 3 days at 38°F (4°C). Note: if brisket is not pumped, hold at 38°F (4°C) for at least 10 days for 5-pound brisket (about 2 days per pound of brisket).
6. Remove meat from brine and wipe dry.
7. Place the dry spices in a mortar and grind to very coarse consistency and coat the outer surface of the pastrami with spice mixture and minced garlic.
8. Place on rack in the smoker (no smoke) at 125°F (52°C) for 1 hour. Raise heat to 225°F (107°C) and apply light smoke for 2 hours. The pastrami is done when the internal temperature reaches 165°F (74°C). [A rule of thumb is that 5 lb. pastrami should be ready in a total of 5-6 hours.]
9. I like to allow it to cool to room temperature before serving.

Len Poli – Sonoma, California

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