



Pulled Corned beef on Seared Rye

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Ingredients

Corned beef

1 bay leaf

2 cloves crushed garlic

2 cloves

1/4 tsp coriander

1/2 tsp dill seed

1/2 tsp mustard seed

1/2 tsp black pepper

carrot

onion

vinegar

Instructions

In a kettle, cover the corned beef with cold water and let it stand for 1 hour.

Drain and place the beef back in kettle with a bay leaf, garlic, cloves, coriander, seeds, pepper, carrot and onion.

Again cover the beef, etc., with cold water.

Add 1 teaspoon of vinegar for each quart of water.

Simmer until tender, 30 to 40 minutes for each pound.

Let it all stand in liquid for 20 minutes. Drain and pull apart for sandwiches.