Corned Beef Loaf

INGREDIENTS

	Usage Levels (%)
Artificial Casings	-
Beef, boned (briskets, plates, etc.)	80.79
Skimmed milk powder	**12.12**
Salt	4.04
Cure (see formula below)	2.22
Pepper, black	0.40
Bay leaves, crushed	0.15
Allspice	0.10
Cloves, ground	0.10
Onion powder	0.05
Garlic powder	0.03
Total	**100.00**

Cure	**100.00**
Dextrose	67.15
Sodium nitrate	23.08
Water	7.67
Nitrite of soda	2.10

NUTRITIONAL CONTENT

Per 100g

Calories	260kcal
Total Fat	15g
Saturated Fat	6g
Trans Fat	0g
Cholesterol	55mg
Total Carbohydrates	9g
Dietary Fiber	0g
Sugars	8g
Protein	20g
Calcium	185mg
Magnesium	35mg
Phosphorus	278mg
Potassium	450mg
Sodium	1870mg
Iron	2mg
Vitamin A	16IU
Vitamin C	2mg

PREPARATION

Cure

1. **Combine all ingredients.**
2. **Mix until dissolved.**

Corned Beef

1. **Run beef through large lard cutting plate and mix well with salt and cure.**
2. **Cure for 5 days at 3-5°C (37-40°F). Place meat in nets for easier handling.**
3. **Put into steam-jacketed kettle with enough water to cover meat.**

PREPARATION

(continues)

4. **Cook for about 3.5 hours at 74-77°C (165-171°F).**
5. **Place spices in a muslin bag and add to meat while cooking.**
6. **Remove bag of spices after cooking.**
7. **Put meat mixture in blender. While mixing, sprinkle with skimmed milk powder. Add cooking water to give it proper consistency. Mix well.**
8. **Chill mixture.**
9. **When firmly set, stuff into artificial casings.Stuff into cellulose casings.**