



Pastrami on Rye with Deli Mayo and Fresh Pickles

Recipe courtesy of Caroline McCann.

Caroline's favorite recipe on the EGG is pastrami, which is cooked daily at her butchery and is delicious – just ask any of her loyal customers!

Ingredients

4½ lbs (2 kg) grassfed beef brisket – deboned, fat on
Hickory chips for smoking

Pickling Mix

3 cups (.7 L) water
¼ cup (60 ml) kosher salt
¼ cup (60 ml) brown sugar
2 bay leaves
1 tbsp (15 ml) coriander seeds, crushed
1 tsp (5 ml) peppercorns, crushed
1 tbsp (15 ml) mustard seeds, crushed

Place all ingredients in a pot and heat until sugar is dissolved. Using the Stainless Steel Flavor Injector, inject the pickling mix into the meat. Place the brisket in a deep dish, pour in the remaining pickling mix and cover dish with cling wrap. Place in the back of the refrigerator for 3 days. Nurse it by turning it every day and making sure the pickling covers the meat. After 3 days take it out and soak it for 8 hours in cold water. Pat dry.

Rub

4 tbsp (60 ml) fresh coarsely ground black pepper
2 tbsp (30 ml) coriander powder
1 tsp (5 ml) mustard powder
1 tbsp (15 ml) brown sugar
1 tbsp (15 ml) paprika
2 tsp (10 ml) garlic powder
2 tsp (10 ml) onion powder

Mix rub ingredients together. Massage a little oil onto the beef brisket to help the seasoning stick; rub spice mix generously onto the brisket and refrigerate to season overnight.

Method

Set the EGG for indirect cooking with the convEGGtor at 215°F/102°C. Add pre-soaked hickory wood chips and smoke the meat for 8 hours. The internal temperature should reach 145°F/63°C. Serve sandwiched between dark rye slices with sweet and sour pickles and a bit of deli mayo (mayo mixed with a little mustard).