

Rockin Reuben 2.0 - Smoked & Sous Vide Pastrami Sandwiches - Full Recipe by @usernamelevant on steemit.com aka @usernamelevantsoon on imgur.com

- 1 4-6 lb brisket, with all fat trim except for 1/8 inch layer on top. Silver looking skin removed as well from the bottom to speed up curing time.
- Curing solution / spices- modified recipe based on amazingribs.com corned beef recipe

1 gallon of cold distilled water (I used filtered water from my Brita)

7/8 of a cup of Kosher Salt, or 8oz / 226 grams weighed

3 teaspoons Prague Powder / pink curing salt # 1. (Amount based on the amazingribs.com curing [calculator](#)) The overall page is very helpful info if you've never cured your meat before. The calculator is located at the bottom of the page. For thickness, I recommend measuring by the thickest part of the meat in inches.

1 cup of Belgian candi sugar or brown sugar (packed)

1-2 tablespoons of fresh cracked pepper – sub for whole peppercorns if you have it.

1 2-3 inch cinnamon stick smashed

2 tablespoon of yellow mustard seeds

2 tablespoon of coriander seeds

2 tablespoon of caraway seeds

2 bay leaves crushed

1 tablespoon of dried thyme leaves

1 tablespoon of ground ginger

1 teaspoon of whole allspice berries

1/2 teaspoon of whole cloves

1 tablespoon of ground mace

1/2 teaspoon cardamom seeds

2-3 cloves of garlic, smashed or pressed

A note on spices*: While some of these ingredients are similar to other recipes, I've modified a few things based on preferences. Both Alton brown and amazingribs.com incorporate the use of allspice berries, cloves, and cinnamon sticks in their curing solution. I like to call these the "pumpkin pie spices," as they lend that sort of flavor towards your corned beef. Whenever I see these ingredients used, I tend to cut the amount requested in half, as they can become quickly overpowering and diminish the other traditional flavors in corn beef.

•Curing instructions: After mixing all of your curing ingredients / spices together, place your brisket in a 2 gallon zip style bag. Then place your brisket/bag in an additional container that can support it. This way if it leaks it stays in the container - not all over your fridge. Next pour the curing solution in the bag. Displace as much air as possible as you seal the bag up. Place the bag / container in the fridge for the recommended curing time based on the amazingribs curing [calculator](#) Rotate/flip the meat in the bag every day to ensure equal curing throughout the meat.

•Desalination: After your meat has met the allotted curing time (I went 25% further because I felt it was too soon - which is okay according to the website) you'll need to desalinate the meat. Soak the meat overnight in a new bag with fresh cold water (roughly a gallon, I'm not your supervisor).

•Smoking/cooking: preheat your charcoal grill or smoker for 225F / 107C and cook indirect heat for 8 hours or until 150F / 65.5C with your favorite wood chunks added. I deviated a bit and put it on my pellet smoker after 4 hours for more even heating, but nothing beats the good ol' charcoal flavor. Even after transferring after 4 hours, the flavor was definitely still there.

•Sous Vide step - Preheat your water bin / sous vide tank/ pot to 180F / 82.2C. For me it took about an hour or so, but I also have a cheap unit. Once the meat has been cooked to 150 F/ 65.5 C on the grill/ smoker, vacuum pack and set the timer for 18 hours. Afterwards do a quick sear on the coals. Slice and serve!

A quick note on sous vide temp*: Kenji from serious eats put together a [guide](#) on cooking corned beef via sous vide. What I found notable is that he shows the effect of different cooking temps vs meat consistency and texture. According to Kenji, 180F / 82.2C appeared to have the best middle ground with moisture and softness, whereas 203F came out more flaky and dry. This particular pastrami that I made was somewhat in between the two at slightly flaky and moist. I believe this was due to smoking the

meat prior too, but was a safe bet in my experimentation attempts. While absolutely delectable I'm curious to see what it would be like at a lower temp next time in combination with the smoke. Overall, rockin sandwiches!!! I Hope you all enjoy!

[@usernamelevant](#)