

Spiced Beef

From “The Dairy Book of British Food”. Leisurely simmering ensures that the silverside is meltingly tender and a spicy mixture spread over it before roasting keeps the joint moist as it takes on a delicious flavour. Can be served hot or cold.

Ingredients

1.8kg (4lb) salt beef (salted, rolled silverside)

1 medium onion, skinned and sliced

4 medium carrots, sliced

1 small turnip, peeled and sliced

8 cloves

100g (4oz) dark soft brown sugar

½ tsp mustard powder

1 tsp ground cinnamon

Juice of 1 lemon

Place the joint in a large saucepan or casserole dish with the vegetables.

Cover with water and bring slowly to the boil.

Skim the surface, cover and simmer for 3-4 hours, until tender.

Leave to cool completely in the liquid.

Drain the meat well, then put into a roasting tin and stick the cloves into the fat.

Mix together the remaining ingredients and spread over the meat.

Bake at 180c (350F) for 45mins – 1 hour, basting from time to time.