



Corned Beef or Corned Tongue

Ingredients

- Corned Beef (ask for the eye piece) and/or Corned Tongue
- 2 Carrots roughly chopped
- 1 Potato roughly chopped
- 1 Onion roughly chopped
- 3 Bay leaves
- 1 Teaspoon black pepper corns
- 5 All spice/pimento

Ingredients

Fill your pot with cold water and add all your ingredients (water must cover the corned beef) Once it boils, turn down to a medium heat. Allow it to simmer on a slow boil for 3hrs.

Be sure to keep topping up water so your corned meats covered in water.

After 3 hours remove the corned meat from the water and transfer to a glass dish.

Lightly cover with foil and enjoy (do not refrigerate) leave it fresh to enjoy on Eid, then refrigerate.



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STRAND BRANCH**



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