



**Recipe of the Month - November 2015**



**Spiced Beef (Irish Christmas Tradition)**

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**Submitted by Rebie O'Donohoe**

Spicing 6 lb. Joint:

3 bay leaves

1 tsp cloves

1 blades mace

1 tsp peppercorns

1 clove garlic

Cooking Meat:

6 lb. lean boned beef

3 sliced carrots

1/2 pint Guinness

3 medium sliced onions

Bunch of herbs:

1 tsp ground cloves and

1 tsp allspice

Rub all the dry ingredients together, then pound in the bay leaves and garlic. Stand the meat in a large glass dish and rub the spice mixture thoroughly all over it. This should be done every day for 1 week, taking the spice mixture from the bottom of the dish and turning the meat twice. Then wash the meat and tie it into a convenient shape for cooking.

For cooking, sprinkle over the meat 1 teaspoon each of mixed allspice and ground cloves. Then put on a bed of chopped vegetables. Barely cover with warm water, cover and simmer for 5 hours. During the last hour add the Guinness. Serve cold at Christmas dinner.