



PDF of Recipe



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Super Quick Beef Pastrami

Prep Time: 5 Mins

Marination: 2 Hours (Min)

Serves 6 to 8

Cooking Time: 20 Mins

INGREDIENTS:

- 750g of [Beef Flank](#) or [Beef Skirt](#)
- 1 x Tbsp of Olive Oil
- 1 x Tbsp of Dark Brown Sugar
- 1 x Tsp of Liquid Smoke
- 1 x Tbsp of Ground Black Pepper
- 1 x Tbsp of Kosher Salt (or Sea Salt Flakes)
- 1 x Tbsp of Ground Coriander
- 2 x Tsp of Paprika (Smoked or Unsmoked)
- ½ x Tsp of Dried Mustard Powder

EQUIPMENT:

- Aluminium Foil (or Greaseproof Paper)
- Small Bowls x 2
- Griddle Pan or BBQ
- Meat Temperature Probe

CHEAT INGREDIENTS:

- Liquid Smoke
- [MR HANS's Dry Spiced Rub](#)

EXTRAS:

Your choice of sandwich

(View options [HERE](#) from yummy.co.uk)

VIDEO DEMO:



Video by bakarmeat.com edited and abridged by Mr Hans FRESH FAMILY FOOD

WHY THESE CHEATS ?

"Liquid Smoke is one of the reasons why the preparation time is reduced from days to hours. Whilst it may not be available in many supermarkets, it is widely available online. It is very strong, so one small bottle will last many months. This recipe uses just one teaspoon! Traditional Pastrami is made from Brisket where the raw meat is brined, partially dried, seasoned with herbs and spices, and then smoked and steamed. This is a lengthy process."

"Using [Flank Steak](#) or [Skirt Steak](#) along with the Liquid Smoke, significantly reduces the preparation time, and produces something very similar to Traditional Pastrami. Don't forget, you can make a batch of, and use [MR HANS's Dry Spiced Rub](#) instead of using the dry ingredients shown in this recipe, which also keeps fresh (stored in your freezer) for months!" - MR HANS

METHOD:

The success of this recipe is down to the marination time and precise cooking to 55°C for the internal temperature of the meat. Try to stick to the exact measurements for the marinade and rub to ensure the best rounded flavour. My choice is to chill the meat after cooking and use as traditional Pastrami in a variety of sandwiches, with a ['Reuben'](#) being my favourite.

HOW TO PREPARE

- In a small bowl mix together the Olive Oil, Soft Brown Sugar (or Molasses) and the Liquid Smoke
- Place the Steak on Aluminium Foil or Greaseproof paper
- Pierce the Steak all over with a fork
- Rub the liquid marinade all over the Steak (on both sides)
- In a separate bowl, mix the dry ingredients together and sprinkle liberally on both sides of the meat, pressing it down
- Wrap up the meat in the foil or paper and place in the fridge for at least 2 hours, preferably overnight
- Just before cooking, rub a little olive oil onto the meat to prevent it from sticking whilst cooking
- Heat the Griddle Pan or BBQ to a high heat for 5 minutes. Add the Steak and cook for 8 minutes per side (or to 55°C)
- Remove from the heat and leave to rest on a board for at least 30 minutes, then wrap and place in the fridge to chill
- Once chilled, slice thinly and use in your favourite ['Pastrami Style Sandwich'](#)

TEMPERATURES
Hot Griddle Pan or BBQ

Serve in a Sandwich of your choice