



Main Street, Wicklow Town. Tel: 0404-69719 [www.cullensbutchers.com](http://www.cullensbutchers.com)

## AWARD – WINNING SEASONAL SPICED BEEF FROM CULLENS QUALITY BUTCHERS

Spiced Beef is one of the great Irish traditional Christmas dishes. We use a family recipe of spices that has been passed down through three generations of Cullens Quality Butchers. Our most recent awards include the following:

**An Bord Bia Regional Award**  
**CBF Regional Spiced Beef Champions**  
**CBF All-Ireland Spiced Beef Champions**

To enjoy Cullens Quality Butchers' award winning succulent spiced beef, follow these cooking instructions:

Ingredients:                      *3lbs Spiced Beef*  
   *250 ml (0.50pt) Guinness*  
   *Water*  
   *2-3 bay leaves*  
   *Black Peppercorn*  
   *Whole Onion*  
   *Whole Carrot*

- Place beef in pot and add cold water to cover.
- Add bay leaves, peppercorns, whole onion and whole carrot.
- Bring to the boil and allow to simmer gently for approx. 45 minutes per lb. (i.e. 2.5 hours for a 3lb piece).
- Add Guinness and continue to simmer for 30 minutes.
- Remove pot from heat and allow to cool for an hour.
- Remove meat and drain.
- Equally delicious served hot or cold.
- To store, place in airtight container or wrap in aluminum foil.

When eating cold, we recommend serving with wholemeal brown bread and garnished with beetroot, red cabbage and gherkins.

***Liam, Robert and all the Staff at Cullens wish all their Customers  
a Very Happy Christmas and New Year***

