



Recipe Information

Number of Serves: 6-8

Preparation Time: 15mins

Cooking Time: 1.5-2hrs

Soifua Maloloina Corned Silverside

Method

1. Place silverside, onion, carrot, vinegar, sugar, cloves and pepper into a large saucepan and cover with cold water. Bring to the boil over medium-high heat. Turn heat to low and cook uncovered for 1 hour.
2. Add potatoes and continue cooking for 30 minutes, until vegetables are cooked and the meat is tender.
3. Strain the liquid broth into a bowl, reserving for later.
4. Carve the meat thickly and serve with the potatoes, carrots and steamed greens.
5. Store the leftover meat and vegetables in the liquid broth in the fridge, to retain moisture and flavour.

Ingredients

- 1.5kg corned silverside
- 1 large brown onion, quartered
- 2 carrots, roughly chopped
- 2 tbs vinegar
- 2 tbs brown sugar
- 4-5 cloves
- 1 tsp pepper
- 1kg potatoes, scrubbed
- Steamed greens, to serve

Swap it tips:

- You can add other vegetables to the broth – fresh, frozen or tinned. You can replace potato with taro, or throw in some frozen mixed vegies in the last 5 minutes.
- Silverside goes great on sandwiches the next day.
- Corned silverside is available at supermarkets or butchers. It costs about \$4-6/kg compared to pisupo, which can cost up to \$15/kg. Also, it's much better for you than pisupo or povi masima.

