

HENSONS Famous Salt Beef



Serving suggestions for salt beef

Henson's Famous Salt Beef is simplicity itself to cook. You need to allow around 3½ hours for best results. Once it is cooked the product will stay warm and moist in a bain marie for several hours.

You can also cook the beef in advance, refrigerate overnight and reheat it when required in a bain-marie.

Salt Beef is delicious served in a variety of ways, either hot or cold, and it is very easy to prepare a range of mouth-watering dishes to suit all tastes.

Hot Salt Beef Sandwich

The classic recipe - a generous serving of meat on sliced bread. Salt Beef is so tender that it is quick and easy to carve straight from the joint in front of the customer, and a sandwich can be made in a matter of moments. Because the meat is very moist and juicy, no butter is needed on the bread. Serve with gherkins and a light mustard ketchup, such as French's American.

The "Beefbagel"

Bagels make a great alternative to a burger bun, and they are low in fat and sodium. A few slices of prime brisket of beef makes a tasty and healthy alternative to a processed burger, too. Henson's Salt Beef is made from a special low-salt recipe, and after cooking the meat retains only around 2% salt.



Wraps

Wraps (flour tortillas) are perfect for both hot and cold salt beef, and they are very easy to prepare. Try spinach wraps for great visual presentation - slices of salt beef, some green leaves and a small portion of a sandwich filling.

Here are some of our favourite combinations:

- *A light dill and mustard sauce*
- *Garlic and Herb dip*
- *Mayonnaise and cucumber*
- *Guacamole or slices of avocado*

Main Course

Try salt beef as a change from a traditional roast or gammon, and why not try some of these ideas for accompaniments: parsley or white onion sauce, mashed potato and celeriac, mashed swede, red cabbage with apple, or a favourite for a cold winter's day - mashed potatoes and mushy peas!



Toasted Panini

Our picture shows two paninis which have been toasted with a thick slice of salt beef, some fresh rocket and guacamole. Simple and delicious.

Salt Beef Hash

Its supposed to be a recipe for left-overs, but as salt beef hash is absolutely delicious, you'll make sure you have enough left-overs just to give you an excuse to cook this dish! Small cuts of salt beef, mashed potatoes, parsley and onion are all it takes, although you might want to add baked beans too, or maybe a grated cheese topping.

www.saltbeef.com

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