

CORNERD BEEF AND CABBAGE

A TRADITIONAL IRISH DISH THAT IS THE CENTERPIECE OF ST. PATRICK'S DAY



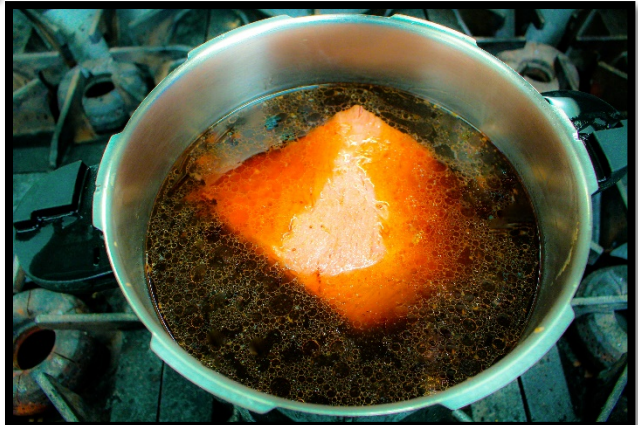
Yield: Servings 12 – Serving Size: 8 oz. – Prep Time: 150 Minutes



Ingredients:

5-6lbs. – Corned Beef, Brisket (Pre-Brine)
1 Each – Cabbage, Green, Quartered
2 lbs. – Carrots, Cut into 1" Pieces
1 Each – Onion, Sliced Thick
2 lbs. – Potatoes, White, Large Dice
2 tsp. – Mustard Seed, Yellow
1 Tbsp. – Pepper, Black, Ground
6 Each – Bay Leaf, Whole, Dried
2 tsp. – Salt, Kosher
1 tsp. – All Spice
¼ Cup – Vinegar, Apple Cider

1) Place the corned beef brisket in a large stock pot. Fill the pot with just enough water to cover the corned beef. Add the pickling spice packet that came with the corned beef, as well as, the mustard seed, black pepper, bay leaf, salt, all spice and apple cider vinegar. Bring the pot to a boil, then reduce to a simmer for approx. 2.5 hours or until the beef is fork tender. (A pressure cooker may be used, if desired, to reduce cooking time to approx. 60 minutes.)





2) Remove the corned beef from the pot once it is fork tender. Cover the beef with foil and set aside. Allow the corned beef to cool for approx. 10 minutes.

3) Add the cabbage, onion, potato, and carrot to the stock. Bring the pot to a boil once again and then reduce to a simmer. Allow the vegetables to simmer for approx. 20 minutes or until the potatoes are fork tender.



4) While the vegetables are cooking begin to slice the corned beef. Always slice against the grain of the brisket. (Brisket cuts are made up of two different muscle sets. In some cases, the corned beef that is purchased will have a thick line of fat between the two sections of beef. If this is the case remove the fat and note that in each of the two different pieces the grain runs in different directions. Be sure to cut against the grain)

5) Once the potatoes are fork tender, strain the vegetables. The stock may be reserved to accompany the corned beef and vegetables.





6) You can drizzle the stock over the corned beef and vegetables for some extra flavor, if desired.
Enjoy!

Equipment Needed: Large Stock Pot/Pressure Cooker, Knife, Cutting Board, Strainer, Teaspoon

Calories: 507Kcal – **Calories from Fat:** 239Kcal – **Total Fat:** 27g – **Saturated Fat:** 10g – **Trans Fat:** 0g – **Cholesterol:** – 125mg
Sodium: 493mg – **Total Carbohydrate:** 26g – **Dietary Fiber:** 6g – **Sugar:** 8g – **Protein:** 39g