

Cooking Instructions for Corned Beef & Cabbage

Shopping Notes:

We suggest ½ lb. raw corned beef per person, as it will shrink some while cooking.

For a 3 lb. brisket, we recommend the following veggies, but you can adjust to your liking. Remember, leftovers are a good thing! ~

1 medium to large head green cabbage, cut into quarters or sixths

1 bunch celery

6 boiling onions, peeled and halved

6 to 8 carrots

6 to 8 new potatoes, red or white

See “*Ken’s gourmet touch below*”... if you plan to take that optional extra step, you’ll need brown sugar and mustard on hand. Also, horseradish is a condiment you may wish to serve with your corned beef meal, as well.

Cooking Instructions:

Place the corned beef into a large 8-quart pot along with 3-quarts of water. Cover and set over high heat. Bring to a boil, decrease the heat to low and cook, at a low simmer for 2 1/2 hours. Make sure you are boiling just a little- tiny bubbles should just be breaking the surface. Adjust heat periodically if needed.

After 2 1/2 hours add the carrots, onions, potatoes and celery. Return to a simmer and cook uncovered for 15 minutes. After 15 minutes, add the cabbage and cook for an additional 15 to 20 minutes until the potatoes and cabbage are tender.

“*Ken’s Gourmet Touch*”: Before serving, place corned beef and 1 cup of liquid from pot in roasting pan and smother the top with a good Dijon or other mustard of your choice, then sprinkle on brown sugar- just a thin layer all across. Bake uncovered in preheated 300 oven for 10 – 15 mins. (till brown sugar dissolves into mustard)

Important Note: Corned beef brisket has a lot of “grain”, by nature (you can see it very easily by looking closely). After cooking, always identify grain before slicing and slice directly *across* it. If you slice with the grain, it will be stringy and chewy.