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.