



Ultimate Corned Beef and Cabbage

Ingredients:

One 5 1/2 pound corned beef brisket
2 large onions, peeled and quartered
10 carrots, cut into 1-inch pieces
2 heads cabbage, cored and cut into wedges
15 small white potatoes, cut in half

Directions:

Rinse the beef brisket under cold water and place in a large pot. Add enough water to cover the brisket by 6 inches. Add the onions and bring to a boil. Cook for about 30 minutes. Then, reduce heat to medium-low, cover, and simmer for about 3 1/2 hours.

Remove the lid and add the carrots to the pot, then place the cabbage over the roast. Place the potatoes on top of the cabbage. Place the lid back on the pot, and cook for another 30 minutes, until potatoes and vegetables are tender.

Remove the vegetables from the pot and place them in a separate serving bowl. Keep the corned beef in the pot until ready to slice and serve because it will dry out. Once ready to slice, transfer the meat to a cutting board. Scrape off any fat layer and carve the meat by cutting across the grain in about 1/2-inch slices. Spoon some of the cooking liquid over the meat to serve.

Servings: 6

NOTE: Corned beef and cabbage is a festive dish that is often associated with Saint Patrick's Day. Make a little extra and use the leftovers for Reuben sandwiches or corned beef and hash. So, when you make corned beef and cabbage this holiday, remember that it did originate in Ireland and is a traditional Irish feast.