

# Classic Corned Beef & Cabbage



Image credit: Flickr user jeffreww

When purchasing Corned Beef from your local grocer, here are a few pointers to help you choose the right cut.

- If possible, look for grass-fed or grass finished corned beef
- A flat cut corned beef is traditional for Corned Beef and Cabbage, and gives you the shingled, rectangular cuts many are familiar with
- A point cut brisket or corned beef is a bit fattier, and better for pot roast or shredded beef
- If the Corned Beef does not indicate flat or point cut, it is likely that the brisket includes both parts
- Corned Beef shrinks quite a bit while cooking, so plan about 3/4lb per person. Or, plan for a heavier brisket to make sure you have left overs for sandwiches and corned beef hash!
- Corned beef can be cooked on the stove or in the oven depending on the size.

## Ingredients (for 4 servings):

- Flat Cut Corned Beef (4lbs)
- 2 Tablespoons Pickling Spice (use ½ Tablespoon of pickling spices per pound of beef)
- 6 pack of Guinness
- 2 Cups Potatoes, cut into Bite-Size (we recommend Yukon Gold)
- 1 Cup Baby Carrots (more if preferred)
- 1 Head of Cabbage
- Mustard (spicy, yellow or grain) for dipping (if preferred)
- Malt Vinegar for cabbage (if preferred)

## Directions:

1. Using a Large Stock Pot, Add your Corned Beef
2. Using ½ water and ½ Guinness beer, cover the meat by 1"
3. Add Pickling Spice
4. Cover and simmer for 3 hours, or until fork tender
5. Drink a Guinness while you wait
6. If serving potatoes and carrots with the meat, add them in about 30 minutes before the meat is done (after 2 ½ hours)
7. When Corned Beef and Vegetables are fork tender, transfer the Corned Beef, Carrots and Potatoes from the liquid and hold it to keep warm (we recommend putting into a large hotel pan or casserole dish and keeping in oven at 250 degrees. Cover the dish with tin foil to keep from drying out)
8. Strain the liquid, put it back in the pan, add the cabbage and cook until tender
9. Slice the beef against the grain into thin rectangular shingles and serve with the vegetables and cooking liquid.
10. Serve with dinner rolls, mustard, vinegar and a Guinness. Cheers!