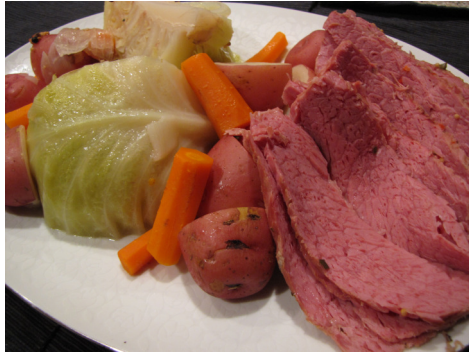


Idiot's Kitchen Recipe – Corned Beef & Cabbage

Recipe from www.idiotskitchen.com



Ingredients:

- 4 pound corned beef brisket – flat cut, with spice packet
- 1 large onion, peeled & quartered
- 1 Tablespoon whole peppercorns
- 2 bay leaves
- ¼ cup cider vinegar
- 1 pound carrots, peeled and cut into 2-3 inch chunks
- 2 pounds red skinned potatoes (cut in half if not really small)
- 1 head cabbage, outer leaves removed, cut into quarters with the core intact

Corned beef brisket comes pre-brined with spices floating in the brine or in a small separate packet. Look for flat cut brisket that doesn't have much fat running through the middle of the meat. Remove the meat from the plastic packaging and rub the contents of the spice packet over the side of meat that does not have the layer of fat.

Place the meat fat side down in a very large pot and add water to just cover the top of the meat. Add 1 large onion that has been peeled and quartered. Add 1 Tablespoon of whole peppercorns, 2 bay leaves, and ¼ cup of cider vinegar. Bring the pot to a boil, cover with a lid, reduce the heat to low and simmer for 2 hours.

After 2 hours, add 1 pound of carrots that have been peeled and cut into 2-3 inch chunks and 2 pounds of small red skinned potatoes. Bring the pot back up to a boil, cover with a lid, reduce the heat and simmer for 30 minutes.

Prepare a head of cabbage by removing any outer dark leaves that are not tightly wrapped around the outside. Cut the cabbage into quarters leaving the core intact. Add the cabbage to the pot and submerge in the cooking liquid. Bring the pot to a boil again, cover, reduce the heat to low, and simmer for a final 30 minutes.

When the meat is fork tender (about 3 hours total for a 4 pound corned beef), remove it from the pot and either let it rest for 10 minutes or put it in a 200 degree oven for 5 minutes to help it dry out. Cut the meat against the grain into thin slices. Strain the vegetables from the cooking liquid and serve with the warm sliced corned beef. Offer butter for the cabbage and spicy brown mustard on the side.

Serves 4 – make some leftover meat into Reuben Sandwiches!