

CORNERD BEEF & CABBAGE

F EASY

Last Modified: 03/10/2012

PREP: 15 Min
COOK: 7 To 8 Hrs
SLOW COOKER

BEEF

MAKES 6 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
4 ~ 5	Pounds	Corned Beef Brisket (Cryovac Wrap)	Lean
1	Medium	Rutabaga (Peeled)	Wedged
1	Pound	Carrot Fingers (Organic)	
2	Pounds	Fingerling Potatoes	
1	Pound	Pearl Onions	Thawed
1	Medium	Head Savoy (Or Green) Cabbage	Quartered
2	Tsp	Beef Base (Superior Touch)	
1/3	Cup	Prepared Horseradish (Chadalee Farms)	
1/3	Cup	Sour Cream (Breakstone)	
3	Tbsp	Corned Beef Spices (From Package)	
4 ~ 6	Cups	Hot Water	

PREPARATION

CORNERD BEEF FACTOID	<p>Corned Beef comes already packed in brine in a Cryovac Bag. Sometimes the powerfully flavored Spices: Coriander, Dill Seed, Brown Mustard Seed, Yellow Mustard Seed, Allspice, Bay Leaves, Cloves, Red Pepper, Black Pepper, Cinnamon, Cardamom and Star Anise are already floating in the Brining Solution (preferred). and sometimes they are in a separate packet packed inside the bag (avoid if possible). There are two different cuts of Beef that are traditionally "Corned".</p> <p>#1: The Brisket Cut: A flat rectangular piece of meat that is 1 1/2 to 2 inches thick.</p> <p>#2: The Point Cut: A thick triangular shaped piece of meat you want to avoid at all costs.</p>
NOTE	Choose a nice, lean, even thickness Brisket of Corned Beef with a very thin layer of fat only on the top. Search through ALL of the packages in the cooler and find the one you would like to eat.
TOOLS	1) Crock Pot 2) Coffee Filter 3) Small Saucepan & Lid 4) Fine Wire Strainer
PREP	DISH 1) Core and quarter the Cabbage Head and set it aside.
1	<p>I know, I know - TRY IT, You'll be surprised, I promise. Using a paring knife or vegetable peeler remove the outer layer of your Rutabaga. Rutabagas are usually dipped in wax so that they will hold up better in storage, be sure to remove <u>every bit</u> of wax before cooking. Since they are tough, cut off the very bottom of the Rutabaga so that you will have a flat surface for chopping. While resting on its flat bottom use your large chef's knife to halve and then quarter your Rutabaga, continuing until eventually getting it into 1/2 inch thick wedges (you can halve the wedges if they seem too long to you).</p>

CORNED BEEF & CABBAGE

2	Cut open the corner of the cryovac bag, Pour the juices and spices inside into a fine wire screen basket lined with a coffee filter in order to save the spices. Carefully remove the Corned Beef Brisket from inside the bag, Rinse into the fine wire screen basket in order to again, catch all of the spices clinging to the Brisket. Rinse out the bag and pour it through the wire screen also. Set the Coffee Filter aside to dry a little.
3	Brush as many of the reserved Corned Beef Pickling spices out of the Coffee Filter as you can into a small mixing bowl.
4	Rinse and pat dry the Corned Beef Brisket and place it in the bottom of a large slow
CARROT FACTOID	Ever notice that those leftover fingerling Carrots in your refrigerator turn white on the outside after a while? That's because they are soaked for hours in a Bleach solution before packaging. ALWAYS buy the "Organic" ones - NO BLEACH - EVER!
5	Heat 4 cups of water in the Microwave, add in the Beef Bouillon Cubes and stir until dissolved. Pour the Hot Water around the outside of the Corned Beef, adding enough additional water in order to cover the Meat by at least 1 inch. Scatter 3 tablespoons of the reserved Corned Beef Pickling Spices on top. Layer the Rutabaga, Carrots, Potatoes and Pearl Onions on top (in this order for even cooking). put the lid on the slow cooker and cook on low heat for 7 to 8 hours.
OPTION	You may optionally for the last 1 1/2 to 2 hours of cooking time, submerge the Cabbage quarters in the liquid and cook along with the Beef and Vegetables
6	Remove the Beef and Vegetables from the slow cooker and seal them with aluminum foil to keep warm. In a small saucepan over high heat, boil 1 cup of the cooking liquid uncovered until reduced by at least half, about 20 minutes. Mix it in with the Horseradish and Sour Cream in a small mixing bowl and set it aside. Quarter the Cabbage Head, cut out and discard the tough stem cores. Put the Cabbage Wedges in a microwave-safe dish with 2 cups of the cooking liquid from the slow cooker, cover and microwave them on high until tender, 7 to 10 minutes.
SERVE	Thinly slice the Corned Beef across the grain and serve with the Vegetables and Cabbage. Serve with the Sour Cream Sauce and Malt Vinegar on the side. You may reserve about a quarter each of the Beef and Vegetables for tomorrow's Corned Beef Hash breakfast (Finely cube the Beef and Vegetables before frying).