

SWEET GLAZED CORNED BEEF & CABBAGE

F EASY

Last Modified: 01/25/2014

PREP: 15 Min
COOK: 7 To 8 Hrs
VARIOUS

BEEF

MAKES 6 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
4 ~ 5	Pounds	Corned Beef Brisket (Cryovac Wrap)	Lean
1	Medium	Yellow Onion	Quartered
1	Pound	Finger Carrots (Organic)	
1	Whole	Dried Bay Leaf	
1	Stalk	Celery	Chopped
5	Tbsp	Ketchup (Heinz)	
1	Tbsp	Dijon Mustard	
3	Tbsp	Red Wine Vinegar (Colavita)	
1/4	Cup	Light Brown Sugar	Packed
1	Tbsp	Unsalted Butter	
1	Medium	Head Savoy (Or Green) Cabbage	Quartered
1	Small	Green Cabbage Head	Shredded
3	Tbsp	Corned Beef Spices From Package	
4 ~ 6	Cups	Hot Water	

PREPARATION

FACTOID	I had this during one of my several visits to Manchester in Northern England (Scotland Yard's primary computer site). I made a side day-night-day trip up to Scotland & it was the "supper special" at a small Mom-n'-Pop restaurant just South of Edinburgh. Kind of odd to get a "pure" Irish dish in Scotland, but it WAS TASTY.....Finally found the Recipe.
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.
CORNED BEEF FACTOID	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". #1: The Brisket Cut: A flat rectangular piece of meat that is 1 1/2 to 2 inches thick. #2: The Point Cut: A thick triangular shaped piece of meat you want to avoid at all costs.
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!
TOOLS	1) Crock Pot OR Dutch Oven & Lid 2) Coffee Filter 3) Small Saucepan & Lid 4) Fine Wire Strainer
NOTE	This is about as Irish as it gets, easy to make, but cooks slowly, so it's best to make it on a cold winter's weekend or a day when you'll be lazing around the house -- or, better yet leave most of the work to your slow cooker!

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PREP	<p>DISH</p> <p>1) Quarter the Yellow Onion and set it aside. 2) Chop the Celery and add it on top of the Onion. 3) Core and quarter the medium head of Cabbage. 4) Core and shred the small head of Cabbage.</p>
1	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.
2	Brush as many of the reserved Corned Beef Pickling spices out of the Coffee Filter as you can into a small bowl. Pat the Corned Beef Brisket dry with paper towels.
NOTE	If the Pickling Spices were already in the liquid in the Cryovac Bag, You will need to use only about 3 tablespoons of the Strained Spices during the cooking process. If the Spices came in a separate package, you will have to use the entire Spice Packet during the cooking process.
3	GLAZE: In a small sauce pan over medium high heat, combine the Ketchup, Mustard, Vinegar, Brown Sugar and Butter and bring it to a boil. Lower the heat and simmer it for 5 minutes. Cover and set it aside.
S T O V E # 1 T O P	Put the Corned Beef Brisket into a dutch oven and cover it with cold water, with about 2 inches of water over the top of the meat. Scatter the needed amount of Corned Beef Pickling Spices on top. Bring it to a rolling boil over medium high heat. Add the Onions, Bay Leaf and Celery into the Water, lower the heat and simmer it gently, partially covered, for 2 1/2 to 3 hours, or until the Corned Beef Brisket is tender (it will pull apart easily). The Meat WILL SHRINK a bunch. Check the water level periodically, and if you need to, add in additional boiling water in order to keep the Meat submerged.
S # T 2	After about 2 hours, add the Carrots and Cabbage Quarters into the dutch oven. Sprinkle the top with the Shredded Cabbage and simmer for the remaining time, about 1/2 to 1 hour more or until the Carrots are nearly done. Preheat the oven to 350 degrees.
S # T 3	Carefully remove the Meat from the dutch oven and place it on a sheet pan. Spoon the Glaze evenly over the top and bake it uncovered for about 15 minutes, or until the edges turn brown. Meanwhile, stir the Potatoes into the dutch oven, bring the heat back up to a boil and cook until the Potatoes are fork tender. Slice the Meat across the grain into thin slices and arrange it on a serving platter. Drain the Vegetables and arrange them on the serving platter.
S L O W # C O O K E R 1	On the bottom of the slow cooker, scatter 8 to 10 Baby Red Potatoes (and a bag of Baby Carrots). Place the Corned Beef Brisket on top. Add the Onions, Celery, Cabbage and Bay Leaf on top. Add in enough Water to cover the Meat and Vegetables with 2 inches of water, Scatter the needed amount of Corned Beef Pickling Spices on top. Cook on High for 6 hours or Low for 10 to 12 hours. Preheat the oven to 350 degrees. Carefully remove the Corned Beef from the crock pot and put it on a sheet pan. Spoon the Glaze evenly over the Beef and bake it uncovered for about 15 minutes, or until the edges turn brown. Slice the Meat across the grain into thin slices and arrange it on a serving platter. Drain the Vegetables and arrange them on the serving platter.
SERVE	Serve while hot with a little Sour Cream and Malt Vinegar on the side.