



CORNED BEEF & CABBAGE

prep: 20 mins | cook: 3 hours, 30 mins | total: 3 hours, 50 mins

Ingredients:

- 4 lbs flat cut corned beef brisket
- 1 (12 ounce) bottle Guinness draught (make sure you use Guinness draught, not stout as it will turn it bitter!)
- 1 medium yellow onion, peeled and cut into wedges
- 3 garlic cloves, minced
- 1 bay leaf
- $\frac{1}{4}$ teaspoon ground cinnamon
- $\frac{1}{8}$ - $\frac{1}{4}$ teaspoon ground cloves (to taste)
- $\frac{1}{4}$ teaspoon ground allspice
- $\frac{1}{4}$ teaspoon ground black pepper
- 1 head cabbage, cut into wedges, rinsed and drained
- 6 medium white potatoes, peeled and quartered
- 1-2 lbs carrot, peeled and cut into 3-inch pieces

Instructions:

- Rinse corned beef under cold water, and pat dry.
- In a Dutch oven, or other large pot with a cover, brown corned beef well on all sides over high heat.

Corned Beef and Cabbage Instructions (cont.):

- Pour Guinness over the meat, and add enough water to just cover the brisket.
- Add the onion, garlic, bay leaf, cinnamon, cloves, allspice and pepper to the pot.
- Bring pot to a boil and skim off any foam.
- Reduce heat to a simmer. Cover pot and simmer for 3 hours.
- Add carrots, then potatoes and then the cabbage wedges to the pot.
- Cover pot, and continue cooking until meat and vegetables are tender (about 20-30 minutes).
- Remove meat and vegetables to warm serving platter/dishes, leaving the cooking liquid/sauce in the pot.
- Over high heat, bring the cooking liquid to a boil, and cook until the amount of liquid is reduced by half (about 10 minutes).
- Slice the corned beef; serve with the vegetables and the sauce on the side.

Note: Corned beef should always be sliced across the grain.