

# Irish Boiled Beef Brisket Dinner



**NOTE:** I used and highly recommend grey corned beef brisket for this recipe – “corned” means the meat was salt cured, which makes the meat very flavorful but also very salty. This recipe, taught to me by Joe from Lowe’s Meat Market, Northborough, MA, shows how to reduce both the salt and fat content by changing the water about half way through cooking. As promised, the results are outstanding! Thanks, Joe!

**Preparation Time:** 15-25 minutes

**Cooking Time:** About 2 ½ hours

## Ingredients

(Quantities shown are for 6-8 servings)

4 Pound Beef Brisket

10 Bay Leaves

20 Cloves

6-8 Carrots

6-8 Medium Sized Potatoes (I used red potatoes)

½ Head of Green Cabbage

1 Large Onion (I used a red onion but any onion will work)

Mustard (optional)

Horseradish (optional)

Vinegar (optional – I used cider vinegar but any will work)

## Equipment

Big Pot (big enough to hold the brisket piece comfortably)

Colander

Sharp Knife

Cutting Board

Tongs

Potholders

Timer



1. Fill a large pot 2/3's full with water (1). Put the pot on the stove and turn on the burner to HIGH (2). Then...

(1)



(2)



...add 5 bay leaves (3), 10 cloves (4) and....

(3)



(4)



...the beef brisket (5).

(5)



2. While waiting for the water to come to a full boil, rinse and use your fingers as shown to rub clean the **cabbage** (1), **carrots** (2) and **potatoes** (3) under cold tap water to remove any loose dirt.



**NOTE:** Keep an eye on the pot. As soon as the water comes to a full bubbling boil as shown (1),...

(1)



...turn down the stove heat to MEDIUM (2) and set a timer for 1 hour (3).

(2)



(3)



3. Prepare the **cabbage** by cutting the **cabbage head** in half (1), laying the half head cut side down and cutting slices about 1 inch thick (2) and then chopping the slices into cubed pieces also about 1 inch thick (3).



4. Prepare the **carrots** by cutting off the stem ends (1) and then chopping the **carrots** into pieces  $\frac{1}{2}$  -  $\frac{3}{4}$  inch wide (2).

(1)



(2)



...cutting each **quarter onion piece** in half (6) and then cutting those pieces in cross section into cubes  $\frac{1}{2}$  -  $\frac{3}{4}$  inch wide (7).

(6)



(7)



5. Prepare the **onion** by cutting the onion in half lengthwise (1), chopping off both the stem (2) and the root (3) ends of the **onion half**, then...

1



2



3



6. Prepare the **potatoes** by removing any blemishes if needed (1), and DO NOT peel the skin. Not only is peeling **potato skins** a time consuming extra step, but most of the nutrients and fiber in a **potato** are in the skin and just below the skin. Next, cut the **potatoes** in half lengthwise (2) and cut the halves...

(1)



(2)



...in half or thirds (3) and, finally, into bite-sized pieces (4).

(1)



(2)



...peeling each **onion half** (4), slicing each half in half again (5),...

(4)



(5)



7. When the timer sounds, put a colander in the sink and pour the **meat** into the colander (1). Then...

(1)



...fill the pot again 2/3's full with water (2), put the pot back on the stove and turn the burner heat to HIGH (3). Again...

(1)



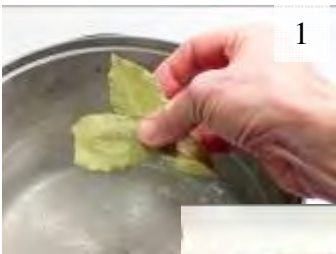
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9. When the timer sounds, add the **cabbage, carrots and onion** to the pot (1), stir them into the hot water (2) and set the timer for 5 minutes (2).



...add 5 **bay leaves**, 10 **cloves** and use tongs to put the **meat** into the water.



10. When the timer sounds, add the **potatoes** (1), stir them into the pot (2) and set the timer for 20 minutes (3).



8. As soon as the water comes to a full bubbling boil, turn down the stove heat to **MEDIUM** (1) and set the timer for 45 minutes (2).

(1)



(2)



11. When the timer sounds this time, check the **carrots** and **potatoes** for doneness removing a piece of each from the pot and cutting into it with a sharp knife. The knife should cut easily through both the **carrot** (1) and **potato piece** (2). If the **carrots** or **potatoes** are still firm, keep cooking until they cut like the photos below.

(1)



(2)



12. Remove the **meat** from the pot with tongs and cut it against the grain into slices about ¼ inch thick.



13. Serve the **meat** and **vegetables** either as is (1) or with either or combination of **mustard** and **horseradish** on the side for the **meat** and **apple cider vinegar** (or **any other vinegar**) splashed on the **vegetables** (2)

(1)



(2)

