

## March 2016 TV Recipes- Irish Inspired Beef Recipes

### Slow Cooked Corned Beef

Total recipe time: HIGH 6 to 7 hours or on LOW 9 to 10

Makes 6 to 8 servings.

- 3 pound boneless corned beef brisket
- 3 ribs celery, cut into 3-inch lengths
- 2 medium onions
- 1 cup baby carrots
- 8-12 small red potatoes, cut in half
- 3 1/2 cups water
- 1 pound green cabbage, cut into 3-inch wedges
- 1/2 cup water
- Salt and Pepper
- Chopped parsley

1. Place celery, onions, carrots and potatoes in a 4-6 quart slow cooker; top with corned beef brisket, fat side up. Add corned beef seasoning packet and 3 1/2 cups water. Cover and cook on HIGH 6 to 7 hours or on LOW 9 to 10 hours, or until brisket is fork tender. Remove beef and vegetables; set aside. Discard cooking liquid.
2. Place cabbage in a 2-quart microwave safe dish; add 1/2 cup water. Cover and microwave on high for 10 minutes or until cabbage is tender. Drain cabbage and add to platter with beef and vegetables. Add salt and pepper as desired. Carve corned beef diagonally across grain into thin slices. Garnish with chopped parsley, if desired.



### Slow Cooker Corned Beef and Cabbage Stew

Total recipe time: HIGH 6 to 7 hours or on LOW 9 to 10 hours

Makes 6 to 8 servings.

- 2 pound Corned Beef Brisket, cut into bite-sized pieces
- 4 large potatoes, cut into large pieces
- 2 stalks celery, chopped
- 1 white onion, chopped
- 1 (16 oz) bag baby carrots
- 1/2 head cabbage, cut into small wedges
- 3 cups beef broth
- 1 tablespoon Worcestershire sauce
- 1 teaspoon garlic powder
- 1/2 teaspoon paprika
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 tablespoon cornstarch (optional)
- Chopped parsley, for garnish

1. Add corned beef, potatoes, celery, onion, carrots and cabbage to 4-1/2- to 5-1/2-quart slow cooker.
2. In a large mixing bowl combine beef broth, Worcestershire sauce, spice packet that came with the corned beef brisket, garlic powder, paprika, salt and pepper. Pour over the corned beef and vegetables.
3. Cover and cook on HIGH 6 to 7 hours or on LOW 9 to 10 hours or until brisket is fork-tender. Garnish with parsley.



Recipe courtesy of [The Recipe Critic](http://TheRecipeCritic.com).

## Slow Cooker Guinness Beef Stew

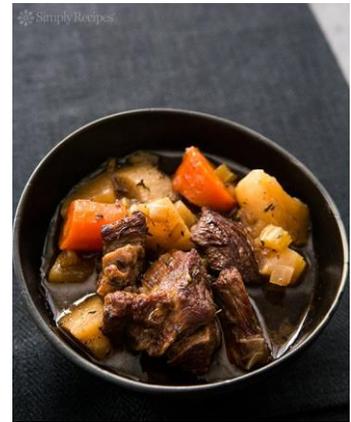
Total recipe time: HIGH 6 to 7 hours or on LOW 9 to 10 hours

Makes 6 to 8 servings.

- 2 tablespoons oil
- 2-3 pound Boneless Beef Chuck Roast, cut into 2-inch pieces
- Salt
- 2 cups chopped onion
- 2 celery stalks, chopped
- 2 tablespoons tomato paste
- 16 ounces Guinness extra stout
- 3 cups low-sodium beef broth
- 2 large carrots, peeled and cut into chunks
- 3-4 parsnips, peeled and cut into chunks
- 1/2 pound Yukon Gold potatoes, peeled and cut into chunks
- 2 teaspoons dried thyme
- Salt
- 4 tablespoons chopped fresh parsley (optional)

1. Heat the oil in a large skillet over medium-high heat. Brown the beef in the oil. Work in batches as to not crowd the pan. Sprinkle the beef with salt as it browns. Once browned on all sides, transfer the beef pieces into the slow cooker.
2. Add the onions and celery to the pan in which you just browned the beef. Sauté the onions and celery until they begin to brown at the edges, about 5 minutes. Add the tomato paste and mix well. Cook for a minute or two, then add a little of the Guinness, enough to make it easier for you to scrape up any browned bits from the bottom of the pan. Transfer the celery and onions into the slow cooker.
3. Add the rest of the Guinness, beef broth, carrots, parsnips, potatoes, and thyme to the slow cooker. Add two teaspoons of salt. Stir well. Cover and cook on HIGH for 6 to 7 hours, or LOW for 9 to 10 hours. Garnish with fresh parsley.

Recipes from [Simply Recipes](http://SimplyRecipes.com).



## Beef and Guinness Pot Pies

Total recipe time:

Makes 6 to 8 servings.

- 2-1/4 pounds Beef Chuck Roast, trimmed of excess fat, cut into 1-inch pieces
- 1/4 cup all-purpose flour
- Kosher salt and freshly ground pepper
- 3 tablespoons unsalted butter
- 1 cup Guinness or stout beer
- 1 1/2 cups reduced-sodium beef broth
- 3 medium leeks, white and light green parts only, halved lengthwise and cut into 1-inch pieces
- 1 pound carrots, cut into 1-inch pieces
- 3 stalks celery, cut into 1-inch pieces
- Half of a 16 oz. bag of frozen sweet peas (no need to thaw)
- 2 packages frozen puff pastry
- 1 egg for egg wash



1. Preheat oven to 325 degrees F. Toss the beef with 1-¼ teaspoons kosher salt, pepper to taste, and the flour. Melt butter in a Dutch oven or large ovenproof pot over medium-high heat. Brown the beef in the butter. Work in batches as to not crowd the pot. Return all the beef to the pot.
2. Add the beer and beef stock, scraping up any browned bits from the bottom of the pot. Bring to a simmer, then cover, transfer to the oven and braise, 30 minutes. Add the leeks, carrots and celery to the pot and continue braising, 1 more hour.
3. Thaw puff pastry according to package directions. Remove the filling from the oven and increase the temperature to 375 degrees F. Season the filling with salt and pepper to taste, stir in frozen peas, and divide among 6 – 8 ramekins (there may be some filling left over).
4. Put ramekins on a parchment-lined baking sheet. Use your ramekin as a template to cut a circle of pastry 1/2-inch larger than the top. Brush the outside edges of each ramekin with the egg wash (*egg beaten with a tablespoon of water*) then place the dough on top. Place the dough, folding over the side, pressing it to make it stick. Brush the dough with egg wash and make 3 slits in the top. Sprinkle with sea salt and cracked pepper.
5. Bake until the crust is crisp and golden brown, 35 to 40 minutes. Let rest about 10 minutes before serving.

**Cook's Tip:** Any pot pies you don't bake; cover tightly and freeze. You can pull out your frozen pies on a weeknight and pop in the oven without thawing, they'll take about an hour to bake. Watch your pastry top and cover with foil if it starts to get too brown.

Recipe courtesy of [Home Is Where The Boat Is](#).

## Corned Beef and Cabbage Rolls

Total Recipe Time:

Makes 8 rolls.

- 1 1/2 quarts oil
  - 2 cups coleslaw
  - 1 tablespoon water
  - 1/2 cup thinly sliced onion
  - 4 ounces chopped corned beef
  - 1/2 teaspoon black pepper
  - 1/4 teaspoon salt
  - 1 cup diced cooked potatoes
  - 1 cup Monterey Jack cheese, divided
  - 8 (7 inch square) egg roll wrappers
  - 2 tablespoons all-purpose flour
  - 2 tablespoons water
2. In a large skillet, over medium high heat, heat oil to 375 degrees F. In a medium skillet over medium heat, sauté coleslaw, water and onions until tender. Add the chopped corned beef, pepper, and salt and sauté 1-2 minutes. Transfer to a large bowl and mix in cooked potatoes.
  3. In a small bowl, combine flour and 2 tablespoons water in a bowl until it forms a paste.
  4. To assemble egg rolls, lay one egg roll wrapper with the corner pointed toward you. Place 1/3 cup of the cabbage mixture on egg roll wrapper and sprinkle with 2 tablespoons of cheese. Fold corner up over the mixture. Fold left and right corners toward the center and continue to roll. Brush a bit of the flour paste on the final corner to help seal the egg roll.
  5. Place egg rolls into heated oil and fry, turning occasionally, until golden brown. Remove from oil and drain on paper towels or rack. Serve with Thousand Island dressing.



Recipe courtesy of [Sweat Peas Kitchen](#).

## Corned Beef Stuffed Mushrooms

Total recipe time: 30-40 minutes

Makes about 24 stuffed mushrooms.

- 8 ounces leftover corned beef, chopped
- 24-30 button or cremini mushrooms, cleaned and stems removed
- ½ cup parmesan cheese
- ¼ cup chives, minced
- 2 teaspoons stone ground mustard
- 2 teaspoons Worcestershire sauce
- ½ teaspoon garlic powder
- 5 oz. cream cheese at room temperature



### For the Panko topping

- 1½ cups panko bread crumbs
- 3 tablespoons butter
- ¼ cup chopped parsley

1. Preheat the oven to 400° F.
2. In a small pan melt the butter and then stir in the panko bread crumbs. Let the bread crumbs brown, stirring often until they are all toasted. Remove from the heat, add chopped parsley, and set aside to cool.
3. While the bread crumbs are browning, combine the corned beef with the parmesan cheese, chives, mustard, Worcestershire sauce, garlic powder and cream cheese in a medium sized bowl. You can do this by hand or with a hand held mixer.
4. Fill each mushroom cap with about one tablespoon of the mixture depending on how big the mushroom is. You want a good amount of the filling in each one.
5. Top with the panko bread crumbs and bake for 15-18 minutes.

Recipe courtesy of [ManTitlement](#).

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