

## MARCH 2018 TV RECIPES—Corned Beef Recipes

# Classic Corned Beef with Cabbage & Potatoes

Cook Time: 3 Hours 30 Minutes

Makes 8 servings

- 1 boneless Corned Beef Brisket (2 ½ to 3 ½ pounds)
- 5 cups water, divided
- 1 medium head cabbage (about 2 pounds), cut into wedges
- 8 ounces Yukon Gold potatoes, cut into 8 wedges
- 8 ounces carrots, cut into 1-inch pieces
- 2 tablespoons butter, melted
- ½ teaspoon salt
- ½ teaspoon pepper



1. Preheat oven to 350°F. Place Corned Beef Brisket and 3 cups water in large stockpot, fat-side up. Bring to a simmer. Do not boil. Cover tightly and cook in 350°F oven 2-1/2 to 3 hours or until fork-tender.

**Cook's Tip:** Recipe can be made in a 6-quart electric pressure cooker. Place Corned Beef Brisket and 1/2 cup water in pressure cooker. If seasoning packet is included with corned beef brisket, pour it over the beef brisket after water is added. Close and lock pressure cooker lid. Use beef, stew or high-pressure setting on pressure cooker; program 70 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Remove beef; keep warm. Add potatoes, carrots and cabbage to pressure cooker. Close and lock pressure cooker lid. Use beef, stew or high-pressure setting on pressure cooker; program 3 minutes on pressure cooker timer. Continue as directed in Step 4. (This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer's instructions.)

2. Transfer brisket to cutting board, reserving any liquid in stockpot; cover brisket with aluminum foil. Let stand 15 to 20 minutes.
3. Meanwhile add 2 cups remaining water to same stock pot with reserved liquid. Place steamer basket in stock pot. (Liquid should not touch bottom of basket). Place cabbage, potatoes and carrots in basket. Bring to a boil. Cover tightly; reduce heat and steam vegetables 20 to 25 minutes or until fork-tender.
4. Remove fat from brisket, if desired. Carve brisket into thin slices across the grain. Combine butter, salt and pepper in small bowl. Drizzle over vegetables. Serve brisket with vegetables.

*Nutrition information per serving: 349 Calories; 20g Total Fat; 8g Saturated Fat; 9g Monounsaturated Fat; 94mg Cholesterol; 1090mg Sodium; 20g Total carbohydrate; 19g Protein; 2.8mg Iron; 5.6mg Niacin; 0.4mg Vitamin B6; 79.9mg Choline; 1.4mcg Vitamin B12; 4.3mg Zinc; 28.4mcg Selenium; 5.6g Fiber. 300 Calories; 19g Total Fat; 7g Saturated Fat; 9g Monounsaturated Fat; 91mg Cholesterol; 1020mg Sodium; 15g Total carbohydrate; 18g Protein; 2.5mg Iron; 3.1mg Niacin; 0.4mg Vitamin B6; 74.2mg Choline; 1.4mcg Vitamin B12; 4.2mg Zinc; 28.3mcg Selenium; 4.2g Fiber.*

632 Grand Canyon Drive  
Madison, WI 53719  
800.728.BEEF  
www.BeefTips.com



# Corned Beef Sandwich

Cook Time: 10-15 Minutes

Makes 4 sandwiches

- 1/2 to 1 pound sliced leftover Corned Beef
- 2 tablespoons butter
- 8 slices fresh pumpernickel or marbled rye bread
- 4 tablespoons Russian dressing
- 1 to 1 1/2 cup fresh homemade coleslaw
- Salt and pepper
- 4 slices Swiss cheese



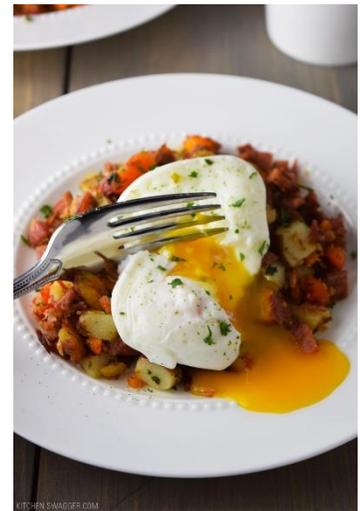
1. Preheat skillet or griddle over medium-high heat.
2. Smear one side of four slice of bread with the Russian dressing. Pile generous portions of coleslaw over those pieces. Season with salt and pepper if desired. Top with generous portions of sliced corned beef and a slice of cheese. Top with remaining bread slices.
3. Melt the butter in the skillet and place the sandwiches in. Press each to get a good brown on the bottom of the sandwich and cook 3 to 4 minutes before flipping and finishing off the other side to a nice toasted golden brown, about 3 to 4 minutes longer. The cheese should be melted, and things should be starting to get messy.
4. Serve with pickles. **Recipes courtesy of [Girl Carnivore](#)**

# Corned Beef Hash

Total Recipe Time: 20 Minutes

Makes 4 servings

- 1 cup Corned Beef, precooked and chopped (leftover)
- 1 cup potatoes, precooked and chopped (leftover)
- 1 cup carrots, precooked and chopped (leftover)
- 4 eggs
- 2-3 tablespoons olive oil
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- Garnish with fresh parsley
- 1 teaspoon white vinegar (for poaching eggs)
- Salt and pepper to taste



1. Toss together Corned Beef, carrots, and potatoes in a large bowl. Add in olive oil, garlic powder, onion powder, salt, pepper, and parsley; mix well.
2. Transfer to a skillet on medium heat and sauté for about 10 minutes or until potatoes and carrots are golden brown and crispy.
3. *To poach eggs:* While hash is crisping, add a teaspoon of vinegar to a pot of steadily simmering water (about 3 inches of water). Crack eggs individually into a small cup. Create a gentle whirlpool in the water with a spoon and slowly tip the egg into the water one at a time. Cook for 3 minutes per egg. When done, remove with a slotted spoon.
4. Top each hash serving with a poached egg and serve. **Recipe courtesy of [Kitchen Swagger](#)**

# Corned Beef Nachos with Herbed Whiskey Fondue

Total Recipe time: 30-40 Minutes

## For the Nachos

- 1 bag frozen waffle fries
- 1/2-pound Corned Beef, cooked and shredded
- 1/2 cup shredded cabbage

## For the Whiskey Sauce

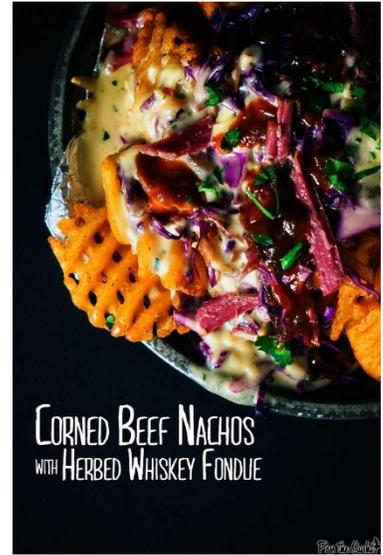
- 1/4 cup whiskey
- 2 tablespoons honey
- 1 tablespoon brown sugar
- 1 small onion, sliced

## For the Cheese Sauce

- 3 tablespoons flour
- 3 tablespoons butter
- 4 oz whiskey
- 2 oz Dubliner cheese, shredded
- 2 oz Skellig cheese (or shredded cheddar)
- 2 oz smoked gouda cheese, shredded
- 1/3 cup milk
- 1 tablespoons Dijon mustard
- Shredded red cabbage for topping
- Additional cheese for topping
- Freshly snipped parsley

1. Prepare the waffle fries according to directions on package.
2. Meanwhile, whisk the whiskey, honey, and brown sugar in a small saucepan. Bring to a boil; reduce heat to a simmer and allow to reduce. Toss in the sliced onions and allow to simmer on low until soft, 8 to 10 minutes.
3. Make the cheese sauce. In a saucepan over medium heat, melt the butter and flour and cook for 3 to 4 minutes. Stir in the whiskey. Add the cheese a little at a time, the milk, and the Dijon. Stir until melted. Keep heated over low until ready to use.
4. Toss the Corned Beef with the onions in the whiskey sauce and arrange over the cooked waffle fries in layers. Stir any remaining sauce into the cheese sauce. Pour over the fries, being sure to give a little pool at the bottom for dipping. Top with cabbage, sprinkle with remaining cheese and toast under the broiler until everything is melted.
5. Garnish with fresh parsley and serve.

Recipe courtesy of [Girl Carnivore](#)



# Corned Beef Tacos with Creamy Cabbage Slaw

Total Recipe Time: 2 ½ Hours

Makes 10-15 tacos

- 2-pound Corned Beef Brisket
- 1 teaspoon mustard powder
- 1 teaspoon cayenne pepper
- 1 teaspoon granulated garlic
- 1/2 teaspoon cracked black pepper
- Warmed flour tortillas for serving
- Sliced jalapeno peppers for serving
- Homemade Thousand Island Dressing, recipe below



## For the Slaw

- 1 cup shredded red cabbage
- 1 small white onion, diced
- 1 jalapeno pepper, diced
- 2 tablespoons mayonnaise
- 1 tablespoon apple cider vinegar
- 1 teaspoon spicy brown mustard

1. Add the Corned Beef to a large pot or Dutch oven along with the spice packet contents, mustard powder, cayenne pepper, garlic and seasoning. Add about an inch of water and cover. Bake for 2 hours at 350 degrees, or until the corned beef is nice and tender. Uncover and increase the temperature to 400 degrees and bake another 15 minutes.
2. Remove the pot and cool slightly. Shred the Corned Beef with a fork and set aside.
3. For the slaw, add all the ingredients to a bowl and mix well until nice and creamy.
4. Serve the Corned Beef on your warmed flour tortillas, then top with the creamy cabbage slaw and drizzle with homemade thousand island dressing. Enjoy! **Recipe courtesy of [Chili Pepper Madness](#)**

## Homemade Thousand Island Dressing:

- 1 clove garlic, chopped
- ½ small onion, chopped
- ¾ cup mayonnaise
- ¼ cup Sriracha
- 1 tablespoon giardiniera (pickle relish is more traditional)
- 1 hard-boiled egg, chopped
- Salt and pepper to taste

1. Add the garlic and onion to a food processor and process to form a paste. Add the remaining ingredients and process until smooth.
2. Push the sauce through a sieve to smooth it out even more. Use right away or refrigerate overnight until ready to use. Can be made up to 2 days ahead.