

March 2019 TV Recipes—CORNED BEEF RECIPES

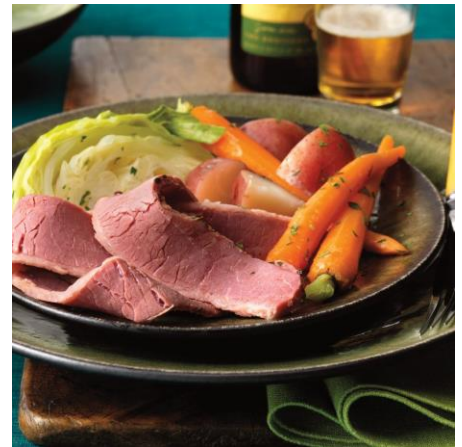
Celebrate St. Patrick's Day with simple-to-prepare, irresistibly Irish-inspired Corned Beef. Whether you want to roast it in the oven or set-it-and-forget-it in the slow cooker, Corned Beef offers a flavorful meal that the whole family will enjoy. Check out some of our delicious Corned Beef recipes.

Slow-Cooked Corned Beef in Beer

Let your slow cooker do all the work for this complete meal of beer-braised Corned Beef with fresh cabbage and red potatoes. It's a great dish for your next celebration.

Recipe time: HIGH 6-7 hours; LOW 9-10 hours – Makes 6-8 servings

- 1 Corned Beef Brisket Boneless with seasoning packet (2-1/2 to 3 pounds)
- 3 ribs celery, cut into 3-inch pieces
- 2 medium onions, cut into quarters
- 2-1/2 cups water, divided
- 1 bottle (12 ounces) beer
- 1-pound green cabbage, cut into thin wedges
- 1-pound red-skinned potatoes, cut into 2-inch pieces
- 6 to 8 baby carrots, trimmed or 4 medium carrots, cut crosswise into 1-inch pieces
- 2 tablespoons butter, melted
- Chopped fresh parsley (optional)



Red Currant-Mustard Sauce:

- 1 jar (12 ounces) red currant jelly
- 3 tablespoons country Dijon-style mustard

1. Place celery and onions in 4-1/2- to 5-1/2-quart slow cooker; top with corned beef brisket. Sprinkle contents of seasoning packet over brisket. Add 2 cups water and beer. Cover and cook on HIGH 6 to 7 hours or on LOW 9 to 10 hours or until brisket is fork-tender. (No stirring is necessary during cooking.)
2. Meanwhile, place cabbage, potatoes and carrots in 2-1/2 quart microwave-safe dish; add remaining 1/2 cup water. Cover; microwave on HIGH 15 to 18 minutes or until vegetables are tender, stirring or rearranging once. Drain; remove and discard cores from cabbage wedges. Add butter; season with salt and pepper, as desired. Toss to coat; keep warm.
3. Prepare Red Currant-Mustard Sauce. Place jelly in medium microwave-safe bowl. Cover; microwave on HIGH 1-1/2 to 2 minutes or until melted, stirring once. Whisk in mustard. Cover; microwave on HIGH 30 seconds. Stir; keep warm.
4. Remove brisket and carve diagonally across the grain into thin slices. Serve with vegetables and sauce. Garnish with parsley, if desired.

Pressure Cooker Recipe—Place Corned Beef Brisket, celery, onions and 1/2 cup beer in pressure cooker. Close and lock pressure cooker lid. Use meat or high-pressure setting on pressure cooker; program 70 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Continue as directed in step 2. (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.)

Range-Top Recipe—Place corned beef in stockpot; sprinkle with contents of seasoning packet. Add celery, onions, 2 cups water and beer. Bring just to a simmer; do not boil. Cover tightly; simmer 2-1/2 to 3 hours or until brisket is fork-tender. Prepare vegetables and sauce as directed.

Nutrition information per serving: 574 Calories; 24g Total Fat; 9g Saturated Fat; 11g Monounsaturated Fat; 114mg Cholesterol; 1462mg Sodium; 63g Total carbohydrate; 23g Protein; 3.1mg Iron; 4.5mg Niacin; 0.5mg Vitamin B6; 95.8mg Choline; 1.8mcg Vitamin B12; 5.2mg Zinc; 35.9mcg Selenium; 4.5g Fiber. 431 Calories; 18g Total Fat; 7g Saturated Fat; 8g Monounsaturated Fat; 86mg Cholesterol; 1097mg Sodium; 47g Total carbohydrate; 17g Protein; 2.3mg Iron; 3.4mg Niacin; 0.3mg Vitamin B6; 71.9mg Choline; 1.3mcg Vitamin B12; 3.9mg Zinc; 26.9mcg Selenium; 3.4g Fiber.

Dijon-Glazed Corned Beef with Cabbage & Red Potatoes

While Corned Beef braises in the oven, cabbage wedges and potatoes are roasted for a full meal. A bonus recipe for the leftovers is included too!

Recipe time: 3 hours 30 minutes – Makes 4 servings

- 1 boneless Corned Beef Brisket with seasoning packet (3-1/2 to 4 pounds)
- 6 cloves garlic, peeled
- 2 teaspoons whole black peppercorns
- 2 cups water
- 6 tablespoons butter
- 1 cup thinly sliced green onions, including white and green parts
- 1/2 cup horseradish
- 1/2 teaspoon ground black pepper
- 1/4 teaspoon salt
- 1 head green cabbage, cored, cut into 6 wedges
- 1-1/2 pounds small red-skinned potatoes, cut in half

Glaze:

- 2 tablespoons orange marmalade
- 2 teaspoons Dijon-style mustard

1. Position oven racks in upper and lower thirds of oven. Heat oven to 350°F. Place Corned Beef Brisket in roasting pan; sprinkle garlic, contents of seasoning packet and peppercorns around and over brisket. Add water; cover tightly with aluminum foil. Braise in upper third of 350°F oven 3 to 3-1/2 hours or until brisket is fork-tender.
2. Meanwhile, place butter, green onions, horseradish, ground pepper and salt in glass measuring cup. Microwave on HIGH 1 to 2 minutes or until butter melts; mix well. Cover and refrigerate 2 tablespoons for use in **Rustic Corned Beef & Potato Bake**. Place cabbage wedges on 1 half of baking sheet and potatoes on other half. Drizzle remaining horseradish-butter mixture over vegetables, turning cabbage and tossing potatoes to coat. Cover with aluminum foil. Roast in lower third of 350°F oven with brisket 55 minutes. Uncover vegetables; continue roasting 15 to 20 minutes or until vegetables are tender and begin to brown.
3. Combine glaze ingredients in small bowl. Remove brisket from roasting pan; place on rack in broiler pan so surface of brisket is 3 to 4 inches from heat. Brush glaze over brisket; broil 2 to 3 minutes or until glaze is bubbly and beginning to brown.
4. Carve brisket diagonally across the grain into thin slices. Cover and refrigerate 1/2 of brisket (about 12 ounces) and 2 cups potatoes for **Rustic Corned Beef & Potato Bake**. Serve remaining brisket and potatoes with cabbage.

Nutrition information per serving: 568 Calories; 34g Total Fat; 16g Saturated Fat; 12g Monounsaturated Fat; 129mg Cholesterol; 1344mg Sodium; 44g Total carbohydrate; 22g Protein; 4.1mg Iron; 2.9mg Niacin; 0.3mg Vitamin B6; 1.4mcg Vitamin B12; 4.4mg Zinc; 29.7mcg Selenium; 9.3g Fiber.

Rustic Corned Beef & Potato Bake

Need to use up last night's Corned Beef Brisket? Try this rustic Potato Bake topped with Corned Beef Brisket and cheese.

Total recipe time: 50 minutes to 1 hour – Makes 4 servings

- 12 ounces Corned Beef Brisket, coarsely chopped OR 12 ounces deli Corned Beef
- 1 tablespoon butter
- 1/2 cup chopped onions
- 2 teaspoons chopped fresh thyme
- 2 tablespoons reserved horseradish-butter mixture (See [Dijon-Glazed Corned Beef with Savory Cabbage and Red Potatoes](#) for recipe.)
- 1 cup shredded Swiss cheese
- 1/4 cup shredded Parmesan cheese
- 2 cups reserved potato halves OR 2 cups frozen prepared roasted potatoes, thawed

1. Heat oven to 375°F. Melt 2 teaspoons butter in large nonstick skillet over medium heat. Add onion and thyme; cook and stir 3 to 4 minutes or until onion is tender. Remove from heat; stir in Corned Beef and horseradish-butter mixture. Meanwhile, coat bottom and sides of 9-inch glass pie plate with remaining 1 teaspoon butter; set aside.



2. Cut each potato half into 4 wedges. Arrange 1/2 of potato wedges in single layer over bottom of pie plate; stick remaining potato wedges upright around the edge of the pie plate. Combine cheeses in small bowl. Sprinkle potatoes with 1/2 of cheese mixture. Top with corned beef mixture and remaining cheese mixture. Press firmly with spatula to compact layers; cover with aluminum foil.
3. Bake in 375°F oven 25 to 30 minutes or until heated through. Uncover; continue baking 3 to 5 minutes or until cheese is melted and edges begin to brown. Let stand 5 minutes. Cut into wedges.

Cook's Tip: *If using deli Corned Beef and frozen prepared roasted potatoes, increase covered baking time to 35 minutes.*

Nutrition information per serving: 445 calories; 28 g fat (13 g saturated fat; 11 g monounsaturated fat); 121 mg cholesterol; 1130 mg sodium; 121 g carbohydrate; 1.5 g fiber; 27 g protein; 2.6 mg niacin; 0.3 mg vitamin B₆; 2.3 mcg vitamin B₁₂; 2.5 mg iron; 33.0 mcg selenium; 5.1 mg zinc.

Reuben Bites

A short stack of subtly spicy Corned Beef topped with Swiss, kraut and Thousand Island. All the big tastes of a classic Reuben sandwich in a snack-sized portion.

Recipe time: 30-40 minutes – Makes 32 appetizers

- 12 ounces thinly sliced deli Corned Beef
- 1/2 cup Thousand Island dressing, divided
- 8 slices rye, swirl rye or pumpkinnickel bread
- 4 slices Swiss cheese (about 3/4 ounce each)
- 1 cup drained sauerkraut

1. Preheat oven to 425°F. Spread 2 teaspoons dressing on each bread slice; cut slices into quarters. Place bread pieces in a single layer on 2 baking sheets. Bake 9 to 11 minutes or until bread is lightly toasted, rotating baking sheets half way through baking.
2. Meanwhile, cut cheese slices into quarters; cut each quarter diagonally in half to form 32 triangles. Top bread pieces evenly with Corned Beef, cheese slices and sauerkraut.
3. Heat appetizers in 425°F oven 3 to 5 minutes or until cheese is melted. Top evenly with remaining Thousand Island dressing.



Nutrition information per serving: 53 Calories; 2g Total Fat; 1g Saturated Fat; 0g Monounsaturated Fat; 9mg Cholesterol; 236mg Sodium; 5g Total carbohydrate; 4g Protein; 0.5mg Iron; 0.4mg Niacin; 0mg Vitamin B₆; 1.6mg Choline; 0mcg Vitamin B₁₂; 0.1mg Zinc; 2.2mcg Selenium; 0.6g Fiber.

Corned Beef and Pickle Dip

This Corned Beef recipe is delicious as a sandwich spread or a dip for vegetables.

Recipe time: 5 Minutes – Makes 4 servings

- 12 ounces pre-cooked Corned Beef Brisket, cold, diced
 - 1-1/2 cups diced dill pickles
 - 1 cup mayonnaise
1. Place beef in food processor bowl. Pulse on and off until beef becomes crumbly in texture. Add pickles and mayonnaise; pulse 5 times to combine. Cover and refrigerate until ready to use.
 2. Use spread for sandwiches, crostini or serve as a dip with vegetables and crackers.



Nutrition information per serving: 595 Calories; 58g Total Fat; 11.9g Saturated Fat; 25.3g Polyunsaturated Fat; 17.1g Monounsaturated Fat; 0.1g Trans Fat; 107mg Cholesterol; 1612mg Sodium; 197.1mg Potassium; 2g Total carbohydrate; 16.3g Protein; 1.8mg Iron; 2.6mg Niacin; 0.2mg Vitamin B₆; 79.6mg Choline; 1.5mcg Vitamin B₁₂; 4mg Zinc; 29.2mcg Selenium; 0.5g Fiber.

Bloody Bull

Try this brunch favorite with a depth of flavor only beef can provide. Roasted Beef Stock is the secret ingredient to this one of a kind Bloody Mary. Garnish with a beef stick, slider, meatball, or whatever you can dream up.

Recipe time: 10 Minutes – Makes 4 servings

Bloody Bull Mixture:

- 2-1/2 cups beef broth
- 1 can (28 ounces) canned diced tomatoes
- 1/4 cup pepperoncini liquid
- 2 tablespoons Worcestershire sauce
- 2 to 4 teaspoons hot pepper sauce
- 1 teaspoon celery salt
- 1 teaspoon pepper
- 1/2 to 1 teaspoon Creole Seasoning

Glass Rim Garnish:

- 2 tablespoons grated beef jerky
- 1 teaspoon celery salt
- 1/2 teaspoon Creole Seasoning

Garnish:

- 2 stalks celery, split in half lengthwise
- 4 pepperoncini peppers
- Beef meatball, Beef slider, beef jerky stick (optional)

1. Add all Bloody Bull Mixture ingredients to blender container. Cover; process 1-minute or until smooth, scraping sides of container as needed.
2. Combine Glass Rim Garnish ingredients on small plate; mix until combined. Dip rim of glasses into Bloody Bull mixture to cover 1/8 inch. Roll rim of glasses on plate with Glass Rim Garnish mixture; add ice to fill glasses. Divide Bloody Bull mixture between 4 glasses. Garnish with celery, pepperoncini peppers, Beef meatball, sliders, jerky, horseradish and olives, as desired.

Cook's Tip: You may add 1-ounce vodka to each glass.

Nutrition information per serving: 77 Calories; 0.8g Total Fat; 0.3g Saturated Fat; 0g Polyunsaturated Fat; 0.3g Monounsaturated Fat; 0g Trans Fat; 1mg Cholesterol; 1371mg Sodium; 532mg Potassium; 14g Total carbohydrate; 2.9g Protein; 0.8mg Iron; 0.2mg Niacin; 0mg Vitamin B6; 4.6mg Choline; 0mcg Vitamin B12; 0.3mg Zinc; 0.5mcg Selenium; 3.8g Fiber.



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