

## March 2020 TV Recipes—Irish Recipes

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. Celebrate St. Patrick's Day with simple-to-prepare, irresistibly Irish-inspired recipes.

### Homestyle Corned Beef with Dilled Cabbage

There's no need to wait for St. Patrick's Day. This recipe is good whenever you're in the mood for comfort food. The dill, mustard and butter blend gives the cabbage a serious pop.

**Total Recipe Time: 3 hour 30 minutes**

**Makes 6 servings**

- 1 Corned Beef Brisket (2-1/2 to 3-1/2 pounds)
- 1/4 cup honey
- 1 tablespoon Dijon-style mustard

#### Dilled Cabbage:

- 1 medium head cabbage (about 2 pounds), cut into 8 wedges
- 3 tablespoons butter, softened
- 1 tablespoon Dijon-style mustard
- 1-1/2 teaspoons chopped fresh dill



1. Heat oven to 350°F. Place corned beef brisket and 2 cups water in Dutch oven. Bring just to a simmer; do not boil. Cover tightly and cook in 350°F oven 2-1/2 to 3-1/2 hours or until fork-tender.
2. About 20 minutes before Brisket is done, steam cabbage 15 to 20 minutes or until tender.
3. Remove brisket from water; trim fat. Place on rack in broiler pan so surface of beef is 3 to 4 inches from heat. Combine honey and 1 tablespoon mustard. Brush top of brisket with 1/2 of glaze; broil 3 minutes. Brush with remaining glaze; broil 2 minutes or until glazed.
4. Combine butter, 1 tablespoon mustard and dill; spread on hot cabbage. Carve brisket diagonally across the grain. Serve with cabbage.

**Nutrition information per serving:** 350 Calories; 198.9 Calories from fat; 22.1g Total Fat (9 g Saturated Fat; 0.2 g Trans Fat; 0.8 g Polyunsaturated Fat; 9.5 g Monounsaturated Fat;) 99 mg Cholesterol; 976 mg Sodium; 21 g Total Carbohydrate; 3.8 g Dietary Fiber; 17.5 g Protein; 2.4 mg Iron; 390 mg Potassium; 3 mg Niacin; 0.4 mg Vitamin B<sub>6</sub>; 1.4 mcg Vitamin B<sub>12</sub>; 4.2 mg Zinc; 28.5 mcg Selenium; 76.7 mg Choline

### Corned Beef with Apple-Onion Saute

This tasty combination of sautéed apples and onions is the perfect pairing for Corned Beef Brisket.

**Total Recipe Time: 3 hours 30 minutes**

**Makes 8 servings**

- 1 Corned Beef Brisket Boneless with seasoning packet (2-1/2 to 3-1/2 pounds)
- 1 large onion, coarsely chopped
- 5 cloves garlic, coarsely chopped
- 1-1/2 cups apple cider or apple juice

#### Apple-Onion Sauté:

- 3 tablespoons butter, divided
- 2 medium onions, cut into thin wedges
- 1 medium Granny Smith apple, cut into 1/4-inch thick slices
- 1 medium McIntosh apple, cut into 1/4-inch thick slices
- 1 medium Golden Delicious apple, cut into 1/4-inch thick slices
- 1/2 cup apple cider or apple juice
- 1 tablespoon brown sugar
- 1/2 teaspoon dried thyme leaves



1. Heat oven to 350°F. Place Corned Beef Brisket in roasting pan; place coarsely chopped onion and garlic around brisket. Sprinkle contents of seasoning packet over brisket. Add 1-1/2 cups cider; cover tightly with aluminum foil. Braise in 350°F oven 2-1/2 to 3-1/2 hours or until brisket is fork-tender.
2. Meanwhile, prepare Apple-Onion Sauté. Melt 2 tablespoons butter in large nonstick skillet over medium heat. Add onion wedges; cook 13 to 15 minutes or until onions are lightly brown, stirring occasionally. Add apples, remaining 1 tablespoon butter, cider, brown sugar and thyme; cook and stir 6 to 8 minutes or until apples are crisp-tender.
3. Carve brisket diagonally across the grain into thin slices. Serve with Apple-Onion Sauté.

*Nutrition information per serving, 1/6 of recipe:* 375 Calories; 198 Calories from fat; 22g Total Fat (9 g Saturated Fat; 9 g Monounsaturated Fat;) 98 mg Cholesterol; 977 mg Sodium; 28 g Total Carbohydrate; 2.6 g Dietary Fiber; 16 g Protein; 1.9 mg Iron; 2.7 mg Niacin; 0.3 mg Vitamin B<sub>6</sub>; 1.4 mcg Vitamin B<sub>12</sub>; 4 mg Zinc; 28.3 mcg Selenium.

## Irish-Inspired Beef Pot Roast and Vegetables

*A Bottom Round Roast (or Round Rump) makes this meal affordable, the packaged gravy mix makes it easy to prep, and all those hours in a slow cooker make it fall-apart tender.*

**Total Recipe Time: 7 hours**  
**Makes 8 servings**

- 1 beef Bottom Round Roast (3 to 3-1/4 pounds)
- 2 packages (24 ounces each) fresh pot roast vegetables (potatoes, onions, carrots, celery)
- 2 packages (.75 to .88 ounces each) mushroom or brown gravy mix
- 1/3 cup all-purpose flour
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 cup beer
- Chopped fresh parsley (optional)



1. Prepare pot roast vegetables: cut potatoes in half (or into quarters if large), onions into 1/2-inch wedges, and carrots and celery into 2-inch pieces; set aside.

***Cook's Tip:** Packaged pot roast vegetables may also be referred to as stew or soup vegetables. One and one quarter pounds carrots, 1 pound small red potatoes, 2 small onions and 4 small ribs celery may be substituted for packaged pot roast vegetables. Prepare as directed above.*

2. Combine gravy mixes, flour, salt and pepper in large bowl. Add vegetables to bowl; toss to coat well. Remove vegetables from flour mixture; set aside. Place vegetables in 5 to 6-quart slow cooker. Add beef Bottom Round Roast to bowl, turning to coat evenly with flour mixture. Remove pot roast and place in slow cooker in center of vegetables.
3. Whisk beer into remaining flour mixture until smooth; add to slow cooker. Cover and cook on HIGH 6 to 7 hours or LOW 9 to 10 hours or until beef and vegetables are fork-tender. (No stirring is necessary during cooking.)
4. Remove pot roast and vegetables. Skim fat from gravy. Carve roast into thin slices. Serve with vegetables and gravy. Sprinkle with parsley, if desired.

*Nutrition information per serving:* 382 Calories; 104.4 Calories from fat; 11.6g Total Fat (4.1 g Saturated Fat; 0.1 g Trans Fat; 0.6 g Polyunsaturated Fat; 4.8 g Monounsaturated Fat;) 110 mg Cholesterol; 527 mg Sodium; 24 g Total Carbohydrate; 3.5 g Dietary Fiber; 5 g Total Sugars; 41 g Protein; 0 g Added Sugars; 64.5 mg Calcium; 4.1 mg Iron; 842 mg Potassium; 0 IU Vitamin D; 0.3 mg Riboflavin; 8.4 mg Niacin; 0.7 mg Vitamin B<sub>6</sub>; 2.2 mcg Vitamin B<sub>12</sub>; 322 mg Phosphorus; 6.9 mg Zinc; 41.9 mcg Selenium; 164.7 mg Choline.

## Reuben Crescent Rolls

*These Reuben Crescent Rolls make a great St. Patrick's Day appetizer or dinner! Easy to make and fun to eat, they will be a huge hit!*

**Total Recipe Time: 25 Minutes**

**Makes 8 crescent rolls**

- 8 ounces crescent roll dough
  - ¼ cup Thousand Island dressing
  - ¼ pound deli corned beef, shaved and shredded
  - ¾ cup shredded Swiss cheese
  - 1/3 cup sauerkraut, very well drained
1. Preheat oven to 375 degrees and line a rimmed baking sheet with parchment paper.
  2. Roll out the crescent dough and separate into 8 triangles. Set on parchment paper lined baking sheet.
  3. Spread ½ tablespoon of dressing onto each triangle. Equally divide the Corned Beef onto each triangle. Then top with shredded cheese and sauerkraut. Roll up the crescent rolls starting with the wide end and working your way to the small end. Any shredded cheese that falls out can be placed on top of the rolls.
  4. Bake for 10 to 20 minutes or until the rolls are golden brown.



*Recipe courtesy of [Wine & Glue](#).*

## Corned Beef and Cabbage Eggrolls

*If you have left-over Corned Beef or are just looking for a little different twist on the traditional Corned Beef and Cabbage, you are going to love these homemade eggrolls. These are great as an appetizer or make them dinner!*

**Total Recipe Time: 30 minutes**

**Makes 8 eggrolls**

- 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
- Thousand Island dressing, for dipping

1. 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.
2. In a small bowl, combine flour and 2 tablespoons water in a bowl until it forms a paste.
3. 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.

4. 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](#).*

## St. Pat's Beef Pot Pie

*Tender Flat Iron Steaks are quickly cooked in a skillet before joining mushrooms, carrots and peas in a savory gravy. The pie gets topped with flaky dough for a satisfying meal.*

**Total Recipe Time: 45 minutes**

**Makes 6 servings**

- 1-1/2 pounds beef Flat Iron Steaks
- 8 ounces sliced cremini mushrooms
- 1-1/2 cups frozen crinkle-cut carrots
- 1-1/2 cups frozen peas
- 2 teaspoons chopped fresh thyme, divided
- 1 teaspoon minced garlic, divided
- 3 tablespoons cornstarch
- 1 can (14-1/4 ounces) beef broth
- 1 refrigerated pie crust (1/2 of a 15-ounce package)



1. Heat oven to 425°F. Cut beef Flat Iron Steaks lengthwise in half, then crosswise into 1/4-inch thick strips. Spray large nonstick skillet with nonstick cooking spray. Heat over medium-high heat until hot. Add mushrooms; cook and stir 3 minutes. Add carrots, peas, 1 teaspoon thyme and 1/2 teaspoon garlic; cook and stir an additional 3 to 4 minutes or until carrots and peas are defrosted. Remove from skillet; set aside.
2. In same skillet, add 1/2 of beef; cook and stir 1 to 2 minutes or until outside surface of beef is no longer pink. Season with salt and pepper, as desired. Remove from skillet with slotted spoon; set aside. Repeat with remaining beef.
3. Dissolve cornstarch into beef broth; add to skillet. Bring to a boil; cook and stir about 1 minute or until sauce is slightly thickened and any browned bits on bottom of skillet are dissolved. Return vegetables and beef to pan; stir to combine.

***Cook's Tip:** For a richer-flavored sauce, remove skillet from stovetop and add 1/4 cup Irish whiskey to skillet. Return skillet to heat; add the beef broth mixture. Cook and stir about 1 to 2 minutes or until any browned bits on bottom of skillet are dissolved.*

4. Place beef mixture in 2-inch deep, 9-inch pie plate or similar sized round baking dish. Unroll pie crust on flat surface, pressing out lines with fingers, if necessary. Place crust over beef mixture allowing edges to drape over pie plate. Sprinkle remaining 1 teaspoon thyme and 1/2 teaspoon garlic evenly onto top of crust. Place pie plate on 15-1/2 x 10-1/2 x 1-inch jelly-roll pan. Bake in 425°F oven 16 to 18 minutes or until crust is golden. Remove from oven to wire rack; let cool 5 to 10 minutes before serving.

***Nutrition information per serving:** 402 Calories; 162 Calories from fat; 18g Total Fat ) 58 mg Cholesterol; 490 mg Sodium; 31 g Total Carbohydrate; 27 g Protein; 3.5 mg Iron; 5.8 mg Niacin; 0.5 mg Vitamin B<sub>6</sub>; 3 mcg Vitamin B<sub>12</sub>; 8.2 mg Zinc. This recipe is an excellent source of Protein, Iron, Niacin, Vitamin B<sub>6</sub>, Vitamin B<sub>12</sub>, and Zinc.*

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