

Apricot Glazed Corned Beef

Using orange marmalade it was credited to the Silver Palate

Adapted from a food.com recipe



2 pounds corned beef brisket, flat cut

1/2 cup apricot jam

2 tablespoons dijon mustard

2 tablespoons brown sugar

VEGETABLE SIDES: cabbage wedges peeled potatoes (or sweet potatoes), peeled carrots, onion wedges

Per Serving (excluding unknown items): 325 Calories; 20g Fat (54.2% calories from fat); 19g Protein; 18g Carbohydrate; trace Dietary Fiber; 70mg Cholesterol; 1636mg Sodium; 12g Total Sugars; 0mcg Vitamin D; 19mg Calcium; 2mg Iron; 413mg Potassium; 157mg Phosphorus. Exchanges: .

Carolyn T's Blog: tastingspoons.com

Servings: 7

1. Remove corned beef from the bringing package. Rinse off any herbs and spices.
2. Add corned beef to a large soup pot and cover amply with water.
3. Bring mixture to a slow simmer, cover, or cover partially, and cook for 3-4 hours until a fork probed into the meat seems tender. The water should not be fully boiling, just below that, at about 200°F.
4. Preheat oven to 350°F.
5. Remove meat and place it in a casserole dish.
6. In a small bowl mix the apricot jam, Dijon and brown sugar until no streaks of mustard are visible. Use about half of the glaze to brush or spoon onto the top of the corned beef..
7. Bake for 30 minutes, then remove meat to a cutting board. Cut meat across the grain into about 1/2" thick pieces. Shingle them onto a serving platter and serve the remaining glaze on the side.
8. VEGETABLES: If you want cabbage, onions, carrots and potatoes with the meal, prep them and add to the pot of simmering fluid you cooked the corned beef in. Pour out most of that liquid and simmer the vegetables in about 1" of the water. Bring back to a simmer and allow vegetables to cook for about 20-25 minutes. Drain and serve alongside the corned beef.