

Corned Beef Sous Vide 178

From a combination of online recipes.



3 pounds corned beef brisket (brined by meat packer)

1 whole onion, peeled, sliced

VEGETABLES:

1 whole cabbage head, leave root intact

2 whole yellow onions, peeled, leave root end intact

4 whole carrots, peeled

6 whole russet potatoes, peeled

5 cups low-sodium chicken broth, use concentrate, diluted in water

salt and pepper to taste

Serving Ideas: Serve with mustard, or make a mustard cream sauce to spoon over the meat.

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>

Servings: 6

This recipe assumes you'll buy a ready-brined corned beef that's already packaged with spices. No additional seasoning is necessary. If you prefer, buy a beef brisket and brine/season it yourself, allowing 3-5 days to do so.

1. Open and drain the corned beef. Wash under cold running water to remove all of the seasonings.
2. Place corned beef in a large bowl and cover with cold water. Add about a cup of ice to the water and allow to sit for 30 minutes (this purges some of the salt brine from the meat).
3. Drain and dry the corned beef with paper towels. Place in a vacuum bag and add the sliced onions, half on each side or along edges. Vacuum seal.
4. Meanwhile, preheat Sous Vide to 178°. Place sealed corned beef in the sous vide machine, making sure it's held under the water securely.
5. Cook for 10 hours, remove and cut open pouch. Place on cutting board, lightly tent with foil (if you're not serving it immediately). Use a knife to remove some of the more visible fat, if desired.
6. During last 30 minutes prepare the vegetables. Heat a large pot of chicken stock. When boiling, add vegetables. Cut the cabbage into 8ths, leaving part of the core attached so each piece will remain intact. Peel potatoes and half of quarter them. Peel and chop carrots into 1-inch pieces. Cut onions into quarters, leaving part of the root end intact as well. Add vegetables and cook until all are cooked through, about 15 minutes. Test potatoes with a fork. Remove vegetables and drain for about 30 seconds in a colander. Serve on heated plates with corned beef, sliced across the grain about 1/4 inch.

Per Serving (excluding unknown items): 609 Calories; 36g Fat (50.4% calories from fat); 47g Protein; 33g Carbohydrate; 7g Dietary Fiber; 121mg Cholesterol; 358mg Sodium. Exchanges: 1 Grain(Starch); 5 Lean Meat; 3 1/2 Vegetable; 4 Fat.