

Corned Beef for St. Patrick's Day

From my friend Linda T. and she got it from her friends Jane & Auggie R.



Servings: 6

Beef brisket reduces in volume by a huge amount once cooked. So five pounds sounds like a lot, but it isn't. In case you want proportions for serving about 15 people: buy 3 5-lb. briskets and cook in 3 separate pots. Continue with recipe as above. You'll want about 30 potatoes, 24 medium carrots and 3 cabbages. If there are any leftovers they make great sandwiches with fresh rye bread. The nutrition count seems over the top for this recipe. All I can say is that it must be the amount of brown sugar.

5 pounds corned beef brisket, flat cut, if possible (more meaty)

1 tablespoon pickling spice

GLAZE MIXTURE:

10 whole cloves

3/4 cup dark brown sugar

1/4 teaspoon dry mustard

1/4 cup Madeira

10 small potatoes

8 medium carrots

1 whole cabbage, cut in quarters

1 whole onions, peeled, cut in half

Carolyn T's Blog - Tasting Spoons:

<http://tastingspoons.com>

1. Remove corned beef from package and discard all spices (if any) from the package. Trim off all visible fat, then place in a large, heavy pot. Fill with water to barely cover the corned beef. Bring it to a boil, cover and reduce to a bare simmer. Do not let the water boil at any time during this cooking process. Check the pot frequently to make sure it isn't boiling. Cook the beef for about 3 1/2 to 4 hours.
2. Remove pot from heat, remove lid and allow the mixture to cool to just above room temperature. This is an important step. It will take about 1 1/2 hours. Remove brisket from the water and place in an open roasting pan. Keep the liquid you used to boil the meat, as you'll use it to cook the vegetables. Stud the beef with whole cloves.
3. Preheat oven to 350. Combine in a small bowl the dark brown sugar, dry mustard and Madeira. Rub all over the brisket and place pan in heated oven for about 45 minutes. Remove from oven twice (15-minute intervals) and baste the meat with the glaze.
4. Reheat the cooking water from the meat. Prepare vegetables and after the beef has been in the oven for 15 minutes, add vegetables to the pot on the range. Do not overcook the vegetables. Serve the meat hot with horseradish and hot/sweet mustards, and with all the vegetables around it.

Per Serving (excluding unknown items): 1109 Calories; 59g Fat (47.7% calories from fat); 61g Protein; 83g Carbohydrate; 11g Dietary Fiber; 202mg Cholesterol; 544mg Sodium. Exchanges: 3 Grain(Starch); 6 1/2 Lean Meat; 2 1/2 Vegetable; 7 Fat; 2 Other Carbohydrates.