

Koterba's Kitchen

Since this is that month where every thing gets green for at least 1 day, I thought I would add an alternative to the regular version of the traditional dish. So if you get started now you should be good to go by St Pat's Day!



COOK'S
ILLUSTRATED

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Serves 8, with leftovers



Home Made Corned Beef and Cabbage, New England Style

- ½ Cup Kosher Salt
- 1 Tbls. Black Pepper
- ¾ Tbls. Ground Allspice
- 1 Tbls. Dried Thyme
- ½ Tbls. Paprika
- 2 Bay Leaves
- 1 Beef Brisket (fresh, 4 to 6 Lbs.) trimmed, rinsed, and patted dry.
- 7-8 Lbs. vegetables, 2 categories

Category 1 Vegetables:

Carrots , peeled and sliced
Rutabagas, small
White turnips, medium
New potatoes, small
Boiling Onions, peeled and left whole

Category 2 Vegetables:

Green cabbage, small head cut into six to eight wedges
Parsnips, peeled and quartered
Brussel Sprouts, left whole

Home Corned Beef and Cabbage (Cont.)

1. Mix salt and seasonings in small bowl.
2. Spear brisket about thirty times per side with meat fork or metal skewer. Rub each side evenly with salt mixture; place in 2-gallon-size zipper-lock bag, forcing out as much air as possible. Place in pan large enough to hold it (a jelly roll pan works well), cover with second, similar-size pan, and weight with two bricks or heavy cans of similar weight. Refrigerate 5 to 7 days, turning once a day.
3. Choose 7-8 pounds of vegetables of your choice from categories 1 and 2, prepared as described in the ingredient listing.
4. Rinse the brisket and pat it dry. Bring the brisket to boil with water to cover by 1/2 to 1 inch in large soup kettle or stockpot (at least 8 quarts), skimming any scum that rises to surface. Cover and simmer until skewer inserted in thickest part of brisket slides out with ease, 2 to 3 hours.
5. Heat oven to 200 degrees. Transfer meat to large platter, ladling about 1 cup cooking liquid over it to keep it moist. Cover with foil and set in oven.
6. Add vegetables from category 1 to kettle and bring to boil; cover and simmer until vegetables begin to soften, about 10 minutes. Add vegetables from category 2 and bring to boil; cover and simmer until all vegetables are tender, 10 to 15 minutes longer.
7. Meanwhile, remove meat from oven and cut across the grain into 1/4-inch slices.
8. Transfer vegetables to meat platter, moisten with additional broth, and serve.
9. Serve this dish with horseradish, either plain or mixed with whipped or sour cream, or with grainy mustard.



Enjoy!

Frank Koterba,

Member FCFE (& resident gourmet Chef)



"The truth is that trout fisherman scheme and lie and toss in their sleep. They dream of great dripping trout, shapely and elusive as mermaids, and arise cranky and haggard from their fantasies. They are moody and neglectful and all of them a little daft. Moreover they are inclined to drink too much."

Robert Traver, "Anatomy of a Fisherman"