

## Corned Beef Braising Instructions

Serves 4-6



*Recipe Box*

### Ingredients:

- 1 – 4-5lbs Corned\* Beef
- Cold Water
- Potatoes (not waxy), Cubed, *optional*
- Carrots, diced, *optional*
- Cabbage, cut into wedges, *optional*

### Directions:

1. In a large, deep pot, place the corned beef, brining liquid, and any additional seasoning packet.
2. Cover everything with COLD water (or a combination of cold water and beer, like Harp) by about 2 inches. (Please, please, please, do not salt your water on this one. Corned Beef is brined so it's already PLENTY salty).
3. Bring to a boil, then take it down to a simmer (just little bubbles rising to the surface). Let it cook for 3-4 hours. It'll be done when you can take a fork to it and it pulls apart.
4. *For all the optional veggies:* About an hour before it's done, add the potatoes and carrots. About 20-30 minutes before it's done, add the cabbage.
5. Pull the corned beef from the pot and let it rest about 20-30 minutes. Slice and serve with the braised veggies or mashed potatoes and peas. If the seasoning seems a little flat, you could add a squirt of lemon juice.

### Crock Pot Directions:

1. Add beef (fat side up), brining liquid, any additional seasoning packet, potatoes and carrots (optional) and COLD water (or a combination of cold water and beef), covering the beef by about 2 inches. ((Please, please, please, do not salt your water on this one. Corned Beef is brined so it's already PLENTY salty).
2. Set to low for 8 hours. If you'd like to add cabbage, add it in the last hour.
3. Pull the corned beef from the pot and let it rest about 20-30 minutes. Slice and serve with the braised veggies or mashed potatoes and peas. If the seasoning seems a little flat, you could add a squirt of lemon juice.

\*'Corned' essentially means 'salted.' Early origins of corned beef looked like beef covered in fat kernels of salt (any kind of small pea shaped object was called corn then, hence the term used here). Corned beef today is brined (salty water) in a combination of salts, water, spices and herbs for somewhere in the ballpark of a week to 10 days before it's cooked. This process is what gives it its unique flavor.