

CORNED BEEF DINNER

Equipment:

Measuring Spoons

Measuring Cup

3 Qt. Glass or Microwave safe plastic bowl with cover

Wire Whip

Wooden Spoon or High Temp Rubber Spatula

Ingredients:

6 medium red or "New" potatoes

2 ½ to 3 Lb Corned Beef Brisket

2 Onions, Quartered

Water

1 Small head of Green Cabbage

Procedure:

1. Cook potatoes at **P7** 11 – 12 minutes.
2. Cool, then peel and slice.
3. In a 3-quart (3 L) casserole dish place corned beef, onions and water, cover with lid or plastic wrap.
4. Cook at **P7** 10 - 15 minutes.
5. Cook at **P1** 3 hours, or until beef is tender.
6. Turn over halfway through the cooking time.
7. Remove to serving platter; let stand, covered 15 minutes.
8. Meanwhile, in the same dish, arrange cabbage (thick sides toward edge of dish) and potatoes; add ½ cup (125 ml) cooking liquid.
9. Cook, covered at **P7** 9 - 11 minutes or until cabbage and potatoes are tender.
10. Slice corned beef and serve with vegetables.

Chefs Tip:

Pickling spices can be added to the liquid prior to the addition of the brisket – some briskets come packed with spices and liquid – add this all into the liquid – Strain before adding the vegetables to cook.