

U The Lexingtonienne U

ST. PATRICK'S DAY CORNED BEEF, CABBAGE and POTATOES

CROCK POT CORNED BEEF

- 4 C hot water
- 2 T cider vinegar
- 2 T sugar
- 1 packet corned beef spices OR 3 T pickling spices
- 2 bay leaves
- Fresh ground black pepper (be generous)
- 1 onion, cut into chunks
- 1 corned beef round roast (mine was about 3 1/2 pounds)

Combine first 7 ingredients in crock pot, then add corned beef roast. Sprinkle with more black pepper. Cook on high for about 5 hours or on low for about 7-8 hours, or until roast is tender and tears apart easily with a fork.

Serve with grainy mustard, alongside Braised Cabbage and Buttered Herbed Potatoes (recipes below).

BRAISED CABBAGE

- 3 T butter
- 1 head green cabbage, cut into wedges (1 head is enough for 2-3 people)
- Salt & pepper to taste
- 2-3 ladlefuls of liquid from the cooked corned beef

In a braising pan (if you have it -- a lidded saucepan if not) over medium-high heat, melt butter. Add cabbage, salt and pepper, and cook for a few minutes while stirring occasionally, allowing cabbage leaves to caramelize slightly around the edges. Add liquid, allow to come to a boil, then reduce heat and cover. Simmer on low heat, occasionally scraping the caramelized bits from the bottom of the pan and stirring into the cabbage, until cabbage is tender and caramelized, about 20-30 minutes.



BUTTERED HERBED POTATOES

- 8-10 small red and/or white potatoes
- Chicken broth (enough to cover the potatoes)
- 1/2 tsp salt
- Butter to taste
- 1/3 C (or a few spoonfuls) sour cream
- 1/4 C milk (optional)
- Herbs of your choice, to taste (dried or fresh chopped parsley, chives, dill, etc)
- Salt & black pepper

Place potatoes in a heavy saucepan, cover with chicken broth, and add 1/2 tsp salt. Bring to a boil, then reduce heat slightly, cover, and cook until potatoes are tender when pierced with a fork, about 15 minutes.

Drain and discard chicken broth. Add remaining ingredients to taste, mashing lightly to mix well.

