



FlowRATE Newsletter – “Recipe of the Month” March 2015

Irish Boiled Dinner

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Mouthwatering tender corned beef, corned beef-flavored potatoes, cabbage and carrots. Serve it with [Irish Soda Bread](#) or cornbread!

Only 5 Ingredients!:

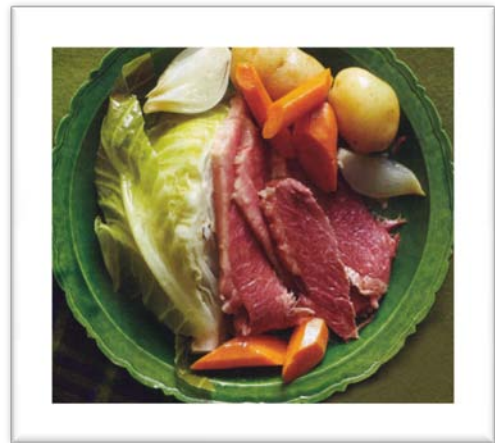
Cooking the squash requires an hour, but everything else comes together in a flash.

Ingredients:

- 1 (5 ½ pound) corned beef brisket
- 2 large onions, peeled
- 16 small white (Irish) potatoes (2 ¼ pounds)
- 2 heads cabbage, each cut into 4 wedges (about 2 lbs each)
- 10 carrots, cut into 1-inch pieces (6 cups)

Directions:

1. Put corned beef in a large pot and add water to cover by 3 inches. Cover and bring to a rolling boil, then remove lid and boil 30 minutes, skimming foam as needed. Reduce heat to medium-low, cover, and simmer 3 ½ hours.
2. Add onions, potatoes, cabbage, and carrots to pot (add water if needed to cover vegetables). Cover, bring to a boil, then reduce heat to medium-low and simmer until potatoes are tender, about 30 minutes.
3. Transfer potatoes, cabbage, and carrots to a serving bowl. Slice onions in quarters and add to vegetables; cover with foil to keep warm. Keep brisket in pot until serving (it dries out quickly).



Best made a day ahead: After cooking, transfer vegetables to a large, shallow dish.

Put meat in a separate container and cover with 2 quarts of the broth.

Cool vegetables and brisket uncovered, then cover and chill.

Next day, preheat oven to 350 degrees. Remove meat from broth while still cold; reserve broth.

Slice brisket across grain and arrange slices, overlapping slightly, in a large shallow baking dish.

Arrange veggies in another large, shallow baking dish.

Add broth to both dishes to a depth of ¾ inch to 1 inch.

Cover tightly with foil and bake until heated through, about 30 minutes.

“What do you need today?”™