

Slow Cooked Corned Beef and Cabbage



This is a perfect family meal to celebrate Saint Patrick's Day. It can be placed in a slow cooker in the morning and be ready to enjoy in the evening.

I enjoyed cooking this wonderful Irish feast as much as I enjoyed eating it with a glass of green beer

that I made prior to sitting down to eat.

*Note: my slow cooker was a wee bit small, so I had to cut the recipe in half, but that was fine, the corn beef brisket I purchased was about \$13.00 so cutting it in half will give me two meals. It's all about the green, lads and lassies.

Ingredients List: Full Recipe

4 cups of hot water (from the tap)

2 tbsp. cider vinegar

2 tbsp. sugar

1/2 tsp. freshly ground pepper

1 large or 2 medium onions, cut into wedges

1 3-lb corned beef round or brisket, packaged with spices

8 small white or yellow potatoes, scrubbed and cut into quarters

1 head of green cabbage (about 1 1/2 pounds) cored and cut into 10 wedges





In a 6 - quart electric slow cooker,
combine the water, vinegar,



sugar,



pepper



and onions, mixing well.

2) Place the corned beef in the mixture, and scatter the potatoes over the top and along the sides.



3) Cover and cook on the high heat setting for 4 hours. Remove the lid and add the cabbage wedges over the top. I love cabbage so I added as much as would possibly fit.

4) Cover and continue cooking on high 3 to 4 hours longer or until the beef is tender.

5) To serve, carve the beef into slices and serve with the cabbage and potatoes, with some of the cooking liquid spooned on top of the beef to keep it moist, even though I found that it was as moist as my eyes when I'm watching *Going My Way* with Bing Crosby!



I don't cook big meals that often, I'm very simple with my meals because I don't like all the fuss, but I have found that the slow cooker is the way to go.

This meal took me about 1/2 hour to prepare, and was inexpensive (since I got two meals out of the ingredients) and I really enjoyed the final outcome.

Make sure that you serve with some great loaf of crusty bread, and I had a jar of horseradish at the ready (which I didn't need, the flavor was outstanding without it), and of course as I mentioned at the beginning a cold glass of green beer, enjoy!

Matt

May you have warm words on a cold evening, a full moon on a dark night, and the road downhill all the way to your door.

Irish Blessing



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