

## Corned Beef Brisket & Vegetables



### Makes:

14 servings

### Utensil:

Saladmaster Food Processor  
9 Qt./8.5 L Braiser Pan with Cover

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### Recipe:

### Contributed By:

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### Recipe Description:

Corned beef brisket, a tough cut of meat, cooked long and slow in the Saladmaster Braiser Pan is great for special occasions or for large gatherings. Cabbage, potato and carrots added to the braising liquid become sweet and juicy for a perfect one pan meal.

1 6-pound  
corned beef brisket with spices  
(2.7  
kg)  
1 large  
onion, processed, use Cone #3  
12 ounces  
light lager beer  
(350  
mL)  
2 cups  
chicken or beef stock  
(475  
mL)  
3 bay leaves  
1 large  
green cabbage, cut into 12 wedges (leave core intact)  
1 pound  
carrots, trimmed and cut in half  
(454  
g)  
3 pounds  
Yukon gold potatoes, cut in half or quarters  
(1.4  
kg)

### Directions:

1. Trim excess fat from corned beef brisket.

2. Preheat pan over medium heat. When several drops of water sprinkled on pan skitter and dissipate, approximately 5 - 7 minutes, place corned beef in pan, fat side down. Place cover on pan slightly ajar and cook corned beef until browned on all sides, approximately 15 minutes. If corned beef does not fit in pan, cut into 2 pieces, browning each piece separately.
3. Add onions, beer, stock and bay leaves. Cover.
4. When Vapo-Valve™ clicks, reduce heat to low and cook for 4 hours.
5. Add cabbage, carrots and potatoes in pan around corned beef and cover. Cook for an additional 1 - 1 ½ hours until meat and vegetables are tender.
6. Slice meat on the diagonal into thin slices and serve with some of each vegetable and a little bit of braising liquid.

#### Tips:

- Alternately remove corned beef brisket from pan after cooking and brush the top with a mixture of 1/4 cup Dijon style mustard and 1/4 cup maple syrup. Place corned beef brisket back in pan, transfer to oven (removing handles) and brown top under the broiler prior to serving.
- Spices are generally included when purchasing corned beef brisket and include bay leaves, whole coriander, mustard seeds, whole caraway, peppercorns, cloves and fennel. If they are not included, add 2 tablespoons of spices mixture to pan or use 2 tablespoons of whole pickling spice mixture.
- Serve corned beef brisket with an assortment of mustards: dark grainy mustard, honey-mustard or wasabi-style mustard for a spicy accompaniment.

#### Nutritional Information per

##### ▼ Serving

**Calories:** 492  
**Total Fat:** 29g  
**Saturated Fat:** 9g  
**Cholesterol:** 105mg  
**Sodium:** 2506mg  
**Total** 22g  
**Carbs:**  
**Dietary Fiber:** 3g  
**Sugar:** 3g  
**Protein:** 32g