

Corned Beef and Cabbage

Once on a road trip on St. Patrick's Day, I stopped into a small brewery in Hopland, California. To the side of the old standup bar serving Red Tail Ale was a small restaurant. All the food was homemade in a kitchen the size of a large broom closet. The specialty that day was corned beef spiced by the chef and cabbage, steamed potatoes and carrots, homemade bread, and for dessert, Grasshopper Pie in a chocolate cookie crust. The meal was memorable and I have been recreating that meal ever since. Corned beef is one of the most popular dishes in the slow cooker and many cooks use their cooker exclusively for corned beef and chiles.

Cooker: Medium or Large Round or Oval

Machine Setting and Cook Time: Low Heat: 9 to 11 hours for the meat AND High Heat: 20 to 30 minutes for the cabbage.

Serves 8

6 medium red potatoes, quartered
4 medium carrots, in 2-inch chunks cut on the diagonal
1 medium yellow onion, in 6 wedges
1 corned beef brisket (3 to 4 pounds) with seasoning packet, rinsed
3 whole cloves
1/2 teaspoon whole black peppercorns
2 teaspoons packed dark brown sugar
1 12-ounce can beer, strong or mild-flavored, as desired
Water, to cover
1 medium head white cabbage, cut into 8 wedges, each secured tied with kitchen twine
1/2 cup Dijon mustard, for serving

Place potatoes, carrots and onion in the bottom of the slow cooker. Lay the corned beef on top of the vegetables and sprinkle with seasonings from packet, spices, and sprinkle with brown sugar. If the meat is too big to lay flat in your cooker, cut it in half and stack the pieces one atop the other. Add the beer and enough water to just cover the brisket. Cover and cook on LOW 9 to 11 hours.

Remove the corned beef and place in a serving casserole. Place the vegetables around the beef; cover with foil to keep warm. Place the cabbage into pot with the cooking liquid and turn heat to HIGH. Cover and cook 20 to 30 minutes, until cabbage is crisp-tender. Serve beef, sliced across the grain, with the mustard, vegetables, cabbage, and juices from pot on the side.