

# St.PatricksDayActivities.org

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## How to Make Traditional St. Patrick's Day Corned Beef and Cabbage - Easily!

(Using an ordinary large pot)

Corned Beef is a traditional meal of Ireland and on St. Patrick's Day, or any cold winter day. And it is so easy to make and is a meal in itself! It only takes about 20 minutes to prepare then about 8 or 9 hours in a large pot on the stove.

### Yield / servings

Allowing 1/2 pound (250 gm) of meat per person means that the average 4 to 6 lb. corned beef available at Costco serves 8 to 12 people.



### Ingredients

- 1 corned beef brisket with spice packet (4 to 6 lbs.)
- 2 lbs. peeled baby carrots (or you can peel any carrots you have)
- 15 small potatoes (about the size of a golf ball.)  
Or 6 large potatoes. Washed, not peeled. You can use larger potatoes and cut them into golf ball sized pieces or use white potatoes, too.
- 1 very large onion (like a Vidalia) , peeled and cut into ping pong ball sized pieces
- 4 cups water



- 2 cans (or bottles) of beer (Guinness would be ideal... but any beer will work)
- 1 large head of cabbage (about 2- 3 lbs.) cut into eighths quarters (4 equal pieces)

## Equipment:

- Large pot (I use a 16 qt pot)
- Cutting board,
- cutting board
- ladle
- vegetable peeler
- Measuring cup
- knives, etc.



## Directions:

### Step 1 - chop the onion

Peel and chop one large onion.



### Step - 2 - Add to pot

Put the onion pieces into the bottom of a slow cooker .



### Step 3 - Lay the beef on the onions

Remove the beef from the packaging, do not rinse it off (it is seasoned), recover the spice packet and set it aside. Lay the whole piece of corned beef on top of the onions.

### Step 4 - Add the beer and water

Add in the beer and water to the pot.



### Step 5 - Add the spices

Sprinkle the spices from the spice packet into the pot. If you want a stronger flavor, feel free to add another teaspoon of thyme, 1/4 teaspoon of ground allspice, a 1/2 teaspoon of peppercorns, and 1/2 teaspoon of minced garlic.

### Step 6 - Cover and cook on high

Cover, and turn the slo cooker on high or stove top on medium if you are using a pot.

### Step 7 - Peel and cut the potatoes

Pretty simple, wash, peel the potatoes and carrots and cut them into roughly golf ball sized pieces.



### Step 8 - after 2 hours, add potatoes and carrots



## Step 9 - Prepare the cabbage and add it

Peel the outer leaves and wash the cabbage. Cut the cabbage into 8ths, cutting through the stem (it helps to hold it together in the pot). At 2.5 hours (in other words, a half hour after you add the potatoes and carrots) add the cabbage. (If you put it in earlier will become mushy!)



## Step 10 - After 3 hours, it is done!

After 3 hours, it is done! The meat should be tender and start to fall apart as you cut it. The potatoes, carrots and cabbage should be tender.

