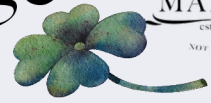




# Corned Beef and Cabbage

BY ALLRECIPES.COM

SERVES 4 - 5



## INGREDIENTS

- 1 (3 pound) corned beef brisket
- 10 small red potatoes
- 5 medium carrots
- 1 large head cabbage

Spice mix:

- 1 Tablespoon mustard seeds
- 1 teaspoon black peppercorns
- 1/2 teaspoon anise seeds
- 8 whole cloves
- 4 cardamom pods
- 4 large bay leaves (crushed)
- 1 Tablespoon ground coriander
- 1 teaspoon red pepper flakes
- 1/2 teaspoon ground ginger

## SPICE MIX DIRECTIONS

1. Heat a heavy bottomed skillet or pot over medium heat. Add the mustard seeds, black peppercorns, anise seeds, cloves, and cardamom pods, toast for 2 - 3 minutes, or until they are fragrant.
2. Pulse the toasted spices and bay leaves in a spice grinder or food processor a few times.
3. Mix the ground spices with the coriander, red pepper flakes, and ground ginger.

## MEAT & VEGGIES

## DIRECTIONS

1. Place corned beef in a Dutch oven and cover with water. Add spice packet, cover, and bring to a boil. Reduce heat and simmer until corned beef is just about fork-tender, about 2 hours.
2. While the corned beef is simmering, cut potatoes in half.
3. Peel carrots and cut into 3-inch pieces.
4. Cut cabbage into small wedges.
5. When corned beef has cooked for 2 hours, add potatoes and carrots; cook until vegetables are almost tender and meat is fork-tender, about 10 minutes. Add cabbage and cook until tender, about 15 more minutes
6. Remove meat and let rest for 15 minutes.
7. Leave broth and vegetables in the Dutch oven.
8. Slice meat across the grain.
9. Serve with vegetables and broth.