



 **60%**
HEALTH SCORE

Corned Beef and Cabbage

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



14610 min.

SERVINGS



8

CALORIES



511 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bay leaves
- 2 bay leaves crumbled
- 4 pound brisket trimmed
- 1 teaspoon peppercorns black
- 0.5 cup brown sugar
- 1 small head cabbage chopped
- 1 large carrots coarsely chopped
- 0.5 pound carrots diced

- 0.3 pound celery diced
- 1 stalk celery coarsely chopped
- 1 cinnamon sticks
- 1 teaspoon ground allspice
- 0.5 teaspoon ground ginger
- 1 tablespoon coarsely ground pepper black
- 2 pounds ice cubes
- 12 juniper berries whole
- 1 cup kosher salt
- 2 teaspoons kosher salt
- 1 teaspoon mustard seeds
- 1 small onion quartered
- 0.5 pound onions diced
- 1 pound potatoes peeled chopped
- 2 quarts water
- 8 allspice whole
- 2 tablespoons saltpeter
- 2 tablespoons saltpeter

Equipment

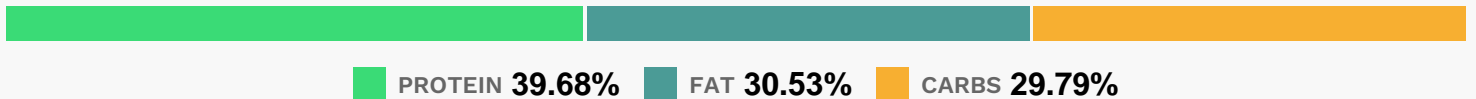
- pot

Directions

- Watch how to make this recipe.
- *Cook's note: Brisket should be prepared through the brining stage, but not cooked.
- Place the corned beef, pepper, allspice, bay leaves and salt into a large 8-quart pot along with 3-quarts of water. Cover and set over high heat. Bring to a boil, decrease the heat to low and cook, at a low simmer for 2 1/2 hours.

- After 2 1/2 hours add the carrots, onions, potatoes and celery. Return to a simmer and cook uncovered for 15 minutes. After 15 minutes, add the cabbage and cook for an additional 15 to 20 minutes until the potatoes and cabbage are tender.
- Remove the bay leaves and serve immediately.
- Place the water into a large 6 to 8 quart stockpot along with salt, sugar, saltpeter, cinnamon stick, mustard seeds, peppercorns, cloves, allspice, juniper berries, bay leaves and ginger. Cook over high heat until the salt and sugar have dissolved.
- Remove from the heat and add the ice. Stir until the ice has melted. If necessary, place the brine into the refrigerator until it reaches a temperature of 45 degrees F. Once it has cooled, place the brisket in a 2-gallon zip top bag and add the brine. Seal and lay flat inside a container, cover and place in the refrigerator for 10 days. Check daily to make sure the beef is completely submerged and stir the brine.
- After 10 days, remove from the brine and rinse well under cool water.
- Place the brisket into a pot just large enough to hold the meat, add the onion, carrot and celery and cover with water by 1-inch. Set over high heat and bring to a boil. Reduce the heat to low, cover and gently simmer for 2 1/2 to 3 hours or until the meat is fork tender.
- Remove from the pot and thinly slice across the grain.

Nutrition Facts



Properties

Glycemic Index:54.8, Glycemic Load:10.78, Inflammation Score:-10, Nutrition Score:40.011739357658%

Flavonoids

Apigenin: 0.62mg, Apigenin: 0.62mg, Apigenin: 0.62mg, Apigenin: 0.62mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Isorhamnetin: 1.86mg, Isorhamnetin: 1.86mg, Isorhamnetin: 1.86mg, Isorhamnetin: 1.86mg Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 8.33mg, Quercetin: 8.33mg, Quercetin: 8.33mg, Quercetin: 8.33mg

Nutrients (% of daily need)

Calories: 510.77kcal (25.54%), Fat: 17.26g (26.56%), Saturated Fat: 6g (37.47%), Carbohydrates: 37.9g (12.63%), Net Carbohydrates: 31.73g (11.54%), Sugar: 20.28g (22.54%), Cholesterol: 140.61mg (46.87%), Sodium: 14991.29mg (651.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 50.48g (100.95%), Vitamin A: 6428.58IU (128.57%), Vitamin B12: 5.51µg (91.85%), Vitamin K: 84.84µg (80.8%), Zinc: 10.41mg (69.41%), Vitamin B6: 1.35mg (67.74%),

Vitamin C: 49.58mg (60.1%), Selenium: 39.07µg (55.82%), Phosphorus: 546.47mg (54.65%), Vitamin B3: 10.29mg (51.45%), Potassium: 1411.22mg (40.32%), Manganese: 0.74mg (36.83%), Iron: 5.94mg (32.98%), Vitamin B2: 0.49mg (28.6%), Vitamin B1: 0.38mg (25.15%), Fiber: 6.18g (24.7%), Magnesium: 96.01mg (24%), Folate: 85.6µg (21.4%), Copper: 0.4mg (19.77%), Vitamin B5: 1.39mg (13.87%), Calcium: 127.42mg (12.74%), Vitamin E: 1.21mg (8.09%)