



Corned Beef and Cabbage

READY IN



390 min.

SERVINGS



8

CALORIES



833 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bay leaves
- 1 cup beef broth
- 4 tablespoons butter
- 3 carrots peeled cut into large chunks
- 5 pounds corned beef ribs
- 4 sprigs thyme leaves fresh
- 5 garlic cloves smashed
- 1 medium head cabbage green cut into quarters, core removed
- 2 parsnips peeled cut into large chunks

- 10 peppercorns
- 6 medium potatoes red scrubbed
- 12 ounces porter (recommended: Guinness)
- 8 servings water for simmering
- 4 onions sweet yellow sliced cut into wedges, plus 1 medium or onion,

Equipment

- frying pan
- paper towels
- dutch oven
- cutting board

Directions

- Watch how to make this recipe.
- Rinse the corned beef and put it into a large Dutch oven or heavy soup pot. Make a bouquet garni with the garlic, peppercorns, thyme and bay leaves and add to the pot. Stir in the stout, stock and enough water to cover the beef by 2 inches. Bring to a boil over medium heat, then reduce the heat to a gentle simmer and cook for 4 hours, covered, stirring occasionally.
- After 4 hours, add the onion wedges, parsnips, and carrots, and cook for a 1/2 hour.
- Add the potatoes and the cabbage wedges and continue cooking until the cabbage is tender, but not limp, about 20 minutes.
- Remove the cabbage to a plate and allow the corned beef and other vegetables to continue cooking until the meat is tender.
- In a separate large saute pan, heat 4 tablespoons butter over medium heat.
- Add the sliced onion, and a pinch of salt and saute until tender and beginning to brown, about 8 to 10 minutes.
- Meanwhile, slice the cabbage thinly, gently pressing with a paper towel to remove excess water.
- Add the cabbage to the onion mixture and toss to coat well with the butter. Cook over medium heat until the cabbage begins to brown.
- Remove the meat to a cutting board and slice.

Serve at the table with all the vegetables piled onto a serving tray and the sliced meat onto another tray with some of the broth poured over the meat.

Nutrition Facts

PROTEIN 23.33% **FAT 53.03%** **CARBS 23.64%**

Properties

Glycemic Index:40.85, Glycemic Load:6.36, Inflammation Score:-10, Nutrition Score:46.946521696837%

Flavonoids

Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 12.99mg, Quercetin: 12.99mg, Quercetin: 12.99mg, Quercetin: 12.99mg

Nutrients (% of daily need)

Calories: 832.91kcal (41.65%), Fat: 48.57g (74.72%), Saturated Fat: 17.19g (107.44%), Carbohydrates: 48.72g (16.24%), Net Carbohydrates: 39.55g (14.38%), Sugar: 10.99g (12.21%), Cholesterol: 168.14mg (56.05%), Sodium: 3690.01mg (160.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.08g (96.15%), Vitamin C: 145.23mg (176.03%), Vitamin K: 103.58µg (98.65%), Vitamin B12: 5.08µg (84.65%), Vitamin A: 4146.09IU (82.92%), Selenium: 56.55µg (80.79%), Vitamin B6: 1.4mg (69.79%), Vitamin B3: 13.3mg (66.49%), Zinc: 9.25mg (61.68%), Potassium: 2090.84mg (59.74%), Phosphorus: 519.32mg (51.93%), Manganese: 0.85mg (42.26%), Iron: 7.1mg (39.43%), Fiber: 9.18g (36.7%), Vitamin B2: 0.6mg (35.35%), Copper: 0.67mg (33.69%), Folate: 133.65µg (33.41%), Magnesium: 112.56mg (28.14%), Vitamin B5: 2.69mg (26.94%), Vitamin B1: 0.4mg (26.73%), Calcium: 132.13mg (13.21%), Vitamin E: 1.09mg (7.27%)