



Corned Beef and Cabbage

 **Gluten Free**  **Dairy Free**

READY IN



740 min.

SERVINGS



8

CALORIES



442 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bay leaves
- 2.5 pound brisket
- 1.5 tablespoons peppercorns whole black
- 1 cup brown sugar
- 1 small cabbage cut into 6 to 8 wedges
- 6 carrots coarsely chopped
- 1 head celery including leaves coarsely chopped
- 1.5 tablespoons coriander whole

- 3 sprigs marjoram fresh
- 4 sprigs marjoram fresh
- 4 sprigs thyme leaves fresh
- 1 head garlic halved
- 1 cup kosher salt
- 1.5 tablespoons mustard seeds whole
- 3 tablespoons olive oil extra-virgin
- 1 onion halved
- 1.5 tablespoons allspice whole

Equipment

- bowl
- oven
- pot
- aluminum foil
- dutch oven

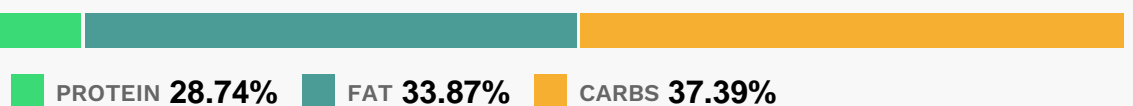
Directions

- Watch how to make this recipe.
- Combine all the brine ingredients, except the brisket, in a large non-reactive bowl.
- Add the brisket (you may have to cut it into 2 pieces) and rub the spice mix into the meat.
- Pour cold water over until the meat is covered. Weight the brisket down with a small plate so that it is completely submerged; cover and refrigerate. The meat can be brined overnight or as long as 10 days. The longer the brining the more pickled the meat.
- Heat the oven to 300 degrees F.
- Heat a large pot or Dutch oven over medium-high heat and add the olive oil.
- Add the onion, carrots, celery, garlic, marjoram, and bay leaves and cook until starting to soften, about 10 minutes.
- Remove the meat from the brine and rinse it well. Set the meat on top of the vegetables and add water to just cover the meat. Bring to a boil skimming any foam that surfaces. Reduce the

heat to a simmer, place the lid on the pot, and cook for 15 minutes.

- Add the cabbage pieces, cover, and put it into the oven; cook for 3 hours.
- Remove the meat, cover it with foil, and let it rest for 20 minutes.
- Cut the fat off the corned beef, slice the meat against the grain, and serve it in shallow bowls with the cabbage wedges, some cooking liquid, and the Herbed Root Vegetables.
- tablespoons extra-virgin olive oil
- tablespoons unsalted butter
- pound new potatoes, scrubbed
- pound baby carrots, trimmed and scrubbed
- pound baby turnips, trimmed and scrubbed
- pound baby parsnips, trimmed and scrubbed
- Kosher salt and freshly ground black pepper
- /2 pound unsalted butter, softened
- /2 cup mixed chopped fresh herbs like thyme, mint, chives, parsley, or chervil
- Kosher salt and freshly ground black pepper
- Put the olive oil and butter into a large pot over medium-high heat.
- Add the vegetables and toss to coat them well with the fat; season with salt and pepper.
- Add 1 cup water and bring to a boil. Lower the heat to a simmer, cover the pot, and cook until the vegetables are tender, about 20 minutes.
- Meanwhile, make the Herb Butter by combining the soft butter and herbs together; season with some salt and pepper.
- To serve, spread some Herb Butter in the bottom of a bowl.
- Add the hot vegetables and dot with more Herb Butter. Moisten with some of the cooking liquid and serve.

Nutrition Facts



Properties

Glycemic Index:45.98, Glycemic Load:3.72, Inflammation Score:-10, Nutrition Score:30.919565366662%

Flavonoids

Apigenin: 1.51mg, Apigenin: 1.51mg, Apigenin: 1.51mg, Apigenin: 1.51mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 3.24mg, Quercetin: 3.24mg, Quercetin: 3.24mg, Quercetin: 3.24mg

Nutrients (% of daily need)

Calories: 441.89kcal (22.09%), Fat: 16.87g (25.95%), Saturated Fat: 4.55g (28.46%), Carbohydrates: 41.89g (13.96%), Net Carbohydrates: 36.96g (13.44%), Sugar: 32.48g (36.09%), Cholesterol: 87.88mg (29.29%), Sodium: 14317.44mg (622.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.21g (64.42%), Vitamin A: 7835.24IU (156.7%), Vitamin K: 93.2µg (88.76%), Vitamin B12: 3.44µg (57.41%), Vitamin C: 39.84mg (48.3%), Zinc: 6.67mg (44.45%), Vitamin B6: 0.86mg (42.98%), Selenium: 28.91µg (41.31%), Phosphorus: 357.1mg (35.71%), Manganese: 0.7mg (34.94%), Vitamin B3: 6.49mg (32.45%), Potassium: 900.92mg (25.74%), Iron: 4.32mg (23.98%), Fiber: 4.93g (19.73%), Vitamin B2: 0.32mg (19.04%), Vitamin B1: 0.26mg (17.37%), Magnesium: 67.69mg (16.92%), Folate: 65.48µg (16.37%), Calcium: 124.73mg (12.47%), Copper: 0.24mg (12.01%), Vitamin E: 1.78mg (11.88%), Vitamin B5: 0.93mg (9.33%)