



HEALTH SCORE

93%

# Homemade Irish Corned Beef and Vegetables



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



958 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 4 bay leaves
- ☐ 6 pound brisket with some fat remaining trimmed
- ☐ 2 cups beer
- ☐ 2 pound cabbage quartered
- ☐ 6 medium carrots peeled
- ☐ 5.5 cups kosher salt
- ☐ 1 tablespoon coriander seeds
- ☐ 1 chilies dried

- ☐ 1 chilies dried (See Note)
- ☐ 1 cup brown sugar packed ( )
- ☐ 12 ounce porter
- ☐ 8 servings horseradish
- ☐ 8 servings mustard
- ☐ 4 medium onion peeled halved
- ☐ 2 medium parsnips peeled cut into 2-inch lengths
- ☐ 0.3 cup pickling spices
- ☐ 3 pounds potatoes – remove skin unpeeled
- ☐ 12 medium turnip trimmed peeled quartered
- ☐ 6 cups water
- ☐ 2 allspice whole
- ☐ 1.5 tablespoons frangelico
- ☐ 1.5 tablespoons frangelico

## Equipment

- ☐ baking sheet
- ☐ knife
- ☐ pot
- ☐ roasting pan
- ☐ aluminum foil
- ☐ slotted spoon
- ☐ cheesecloth
- ☐ kitchen twine

## Directions

- ☐ Pour 6 cups water and beer into large deep roasting pan.
- ☐ Add coarse salt; stir until dissolved.
- ☐ Add sugar; stir until dissolved. If desired, stir in Insta Cure No.

- ☐ Mix in pickling spices. Pierce brisket all over with tip of small sharp knife. Submerge brisket in liquid, then top with heavy platter to weigh down. Cover and refrigerate 4 days.
- ☐ Remove brisket from brine. Stir liquid to blend. Return brisket to brine; top with heavy platter. Cover; refrigerate 4 days.
- ☐ Remove brisket from brine. Rinse with cold running water. do ahead Can be made 2 days ahead. Wrap corned beef in plastic, cover with foil, and refrigerate.
- ☐ Place corned beef in very large wide pot.
- ☐ Add stout and enough water to cover by 1 inch. Wrap cheesecloth around bay leaves, coriander seeds, allspice, and chile, enclosing completely, and tie with kitchen string to secure.
- ☐ Add spice bag to pot with beef; bring to boil. Reduce heat to medium-low, cover, and simmer until beef is tender, about 2 1/4 hours.
- ☐ Transfer beef to large baking sheet.
- ☐ Add turnips and all remaining vegetables to liquid in pot; bring to boil. Reduce heat to medium and boil gently until all vegetables are tender, about 25 minutes. Using slotted spoon, transfer vegetables to baking sheet with beef. Return beef to pot and rewarm 5 minutes. Discard spice bag.
- ☐ Cut beef against grain into 1/4-inch thick slices. Arrange beef and vegetables on platter.
- ☐ Serve with Horseradish Cream and Guinness Mustard.
- ☐ \*Insta Cure No. 1 is a mixture of sodium nitrate and salt that is used in cured and smoked sausages to prevent botulism. In this brine, its only purpose is to prevent the meat from turning gray, so you can certainly leave it out. You'll find Insta Cure No. 1 at [sausagemaker.com](http://sausagemaker.com).
- ☐ \*\*A thin, red, very hot three-inch-long chile; sold at some supermarkets and at specialty foods stores and Latin markets.

## Nutrition Facts



**PROTEIN 33.77%** **FAT 25.4%** **CARBS 40.83%**

## Properties

Glycemic Index:47.54, Glycemic Load:14.32, Inflammation Score:-10, Nutrition Score:63.179130595663%

## Flavonoids

Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 1.15mg, Kaempferol: 1.15mg, Kaempferol: 1.15mg, Kaempferol: 1.15mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 13.08mg, Quercetin: 13.08mg, Quercetin: 13.08mg, Quercetin: 13.08mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 957.6kcal (47.88%), Fat: 26.51g (40.79%), Saturated Fat: 9.1g (56.88%), Carbohydrates: 95.93g (31.98%), Net Carbohydrates: 81.36g (29.59%), Sugar: 46.33g (51.48%), Cholesterol: 210.92mg (70.31%), Sodium: 78384.66mg (3408.03%), Alcohol: 2.3g (100%), Alcohol %: 0.2% (100%), Protein: 79.32g (158.64%), Vitamin A: 7825.68IU (156.51%), Vitamin B12: 8.28µg (137.98%), Vitamin C: 110.73mg (134.22%), Vitamin B6: 2.24mg (112.1%), Zinc: 16.73mg (111.52%), Vitamin K: 110.97µg (105.69%), Phosphorus: 948.95mg (94.9%), Selenium: 62.27µg (88.96%), Vitamin B3: 17.64mg (88.22%), Potassium: 2945.94mg (84.17%), Manganese: 1.44mg (71.83%), Iron: 10.68mg (59.35%), Fiber: 14.57g (58.3%), Vitamin B1: 0.73mg (48.57%), Vitamin B2: 0.82mg (48.06%), Magnesium: 192.09mg (48.02%), Folate: 184.16µg (46.04%), Copper: 0.9mg (45.13%), Calcium: 288.41mg (28.84%), Vitamin B5: 2.78mg (27.78%), Vitamin E: 2.24mg (14.95%)