

# Corned Beef and Cabbage



## Ingredients

- 1 corned beef, 3 to 5 pounds
- 1 bay leaf
- 1 head of garlic
- 3 cloves
- 10 peppercorns
- 5 allspice berries or a pinch or two of allspice
- 1 onion, whole
- 1 medium peeled waxy red or white potato per person
- 1 or 2 medium peeled carrots per person
- Cabbage
- Any other root vegetables you may like such as peeled turnips, parsnips or onions.
- Fresh parsley

## Tools

- Large, heavy pot
- Peeler
- Toothpicks

## Instructions

1. Put the corned beef in a large, heavy pot and cover with water. Add the bay leaf, garlic, cloves, peppercorns, allspice berries, and 1 onion, whole. Bring to a boil and skim the foam that rises to the surface.
2. Lower the heat so that the water bubbles occasionally. Cook turning every 30 minutes or so, for about 2 hours. Pierce with a thin-bladed knife; the meat will probably be tough at this point, but it's time to begin checking. Add the following per person: 1 medium peeled waxy red or white potato; 1 or two peeled carrots; 1 wedge of cabbage, pierced with a couple of toothpicks to keep it from falling apart; and any other root vegetable you may like. It's best to leave the vegetables whole but if the meat is nearly done you may cut them in half or quarters, especially if they are large.. Do not overcook the vegetables. When they are tender, remove them.
3. Check every 15 minutes or so; when the corned beef allows the knife to pass through the center without any resistance, it is ready. Drain; if you like, put the meat and vegetables into a 300 degree oven for 10 minutes to dry out the exterior of the meat a bit while warming the vegetables. Slice across the grain, as you would a brisket, and serve meat and vegetables in a platter garnished with fresh parsley leaves. You can also spritz some apple cider vinegar over the cabbage.