



Allison and Dale's Corned Beef and Cabbage with Root Vegetables

(I don't know where we found this recipe but we have made this meal for Saint Patrick's Day every year for the past 20!)

1- 4 to 4 ½ pound corned beef brisket (I usually purchase the ones in the bag with the spices)
12 small peeled carrots
6 small peeled turnips
6 medium peeled potatoes
8 small beets (peel them but don't trim them)
1 small head of cabbage, chopped
1½ tablespoons unsalted butter
1½ tablespoons flour
1½ tablespoons dry mustard
1 heaping teaspoon Dijon mustard
1 tablespoon red wine vinegar
½ to ¾ cup light or fat free sour cream
Freshly ground salt and better

Rinse the corned beef brisket with cold water. Put it in a very large pot (or Dutch oven) and cover with cold water. Heat to boiling over medium heat and, when necessary, skim the surface to remove any fat that rises to the top. Put a lid on the pot, lower the heat a little bit and simmer for 2 ½ hours.

Add the carrots, turnips and potatoes to the pot and continue to simmer, covered, until the vegetables and meat are tender—about 40 minutes more. While all this is simmering, put the beets in a saucepan and cover them with water. Bring the beets to a boil and then reduce the heat and simmer them, uncovered, until they are just fork tender (about 30 minutes). Rinse them under cold water and then peel off their skins. Put the beets into a heat proof bowl and then keep them warm (You can use low oven heat or keep them warm in the microwave.)

While the beets are cooking (about 15 minutes into it) put the cabbage into a medium sized saucepan. Take about ½ to ¾ cup of the corned beef and vegetable cooking liquid and add it to the cabbage. Bring the cabbage to a boil, put a cover on the pot and then cook until the cabbage feels tender and about half the cooking liquid has been absorbed. This should take 15-20 minutes. Reduce the heat to low and keep the cabbage warm.

When the corned beef is tender, transfer it to a platter—keep it warm in a low temperature. Remove the carrots, turnips and potatoes to a heatproof bowl; cover it and keep it warm in a low temperature oven.

Melt the unsalted butter in a small saucepan over low heat. Stir in the flour, the dry and the Dijon mustards. Stirring constantly, cook for about 4-5 minutes. Whisk in about 1 ½ to ¾ cups of the corned beef cooking liquid and the red wine vinegar. Cook and bring it to a boil until it begins to—three to five minutes. Remove from the heat and whisk in the sour cream. Add salt and pepper.

Put the meat on a platter and scatter the carrots, potatoes and turnips around it. Serve the cabbage and beets in separate bowls. Pass the gravy around the table.