Corned Beef and Cabbage

Cook Time: 3 hours
6-8 servings

Ingredients

1 corned beef, flat or point cut (I prefer point)
6-8 red potatoes
2-3 carrots
2 onions
½ head cabbage
1 tbl yellow mustard (optional)
1 tbl horseradish (optional)

Directions

Bring water to a boil in a large pot (at least 8 quarts). I use a Multi-cooker which is a pot with a strainer insert (can also be used for pasta), a steamer basket and lid. However, the same can be accomplished with one large pot and a separate steamer.

Sprinkle contents of seasoning packet from the corned beef into the water. Place the corned beef in the boiling water, cover loosely and let it cook for at least 2-2 ½ hours. You can check the tenderness by inserting a carving fork into the meat. If there is little resistance, then the meat is cooked enough.

If you're using a separate pot for steaming the cabbage and onions, start the water now. Cut potatoes into wedges, either 6 or 8, cut the carrots into 3-4 pieces and add all to the pot with the Corned Beef. Cut the onions into large pieces and place in steamer basket. Slice the cabbage into wedges and put it on top of the onions. Cook the potatoes and carrots for about 20 minutes or until fork tender. Steam the cabbage and onions for about 10 minutes.

Meanwhile, mix the mustard and horseradish as a sauce for the meat. (optional).

When the vegetables are finished remove the meat and vegetables to a platter and serve.

Cooks Note: I am usually preparing this dish for two, in which case, I only use about 1/3 the amount of vegetables mentioned here. I use the leftover meat and vegetables to make corned beef hash for breakfast, and the rest of the meat for other things like sandwiches and casseroles.