

CORNERD BEEF & CABBAGE

Corned beef is brisket, topside or silverside which has been pickled in brine. It is especially popular around Dublin. It is best to soak a brisket overnight to remove excess salt or wipe it well with damp paper towels.



Ingredients:

5 lb corned beef brisket
2 whole cloves
1 medium cabbage
bay leaf
2 large onions
2 large carrots
ground black pepper
8 medium potatoes, pared

(serves four to six)

Directions:

Quarter the cabbage and put aside.

Peel and slice the other vegetables.

Place brisket in large pan, cover with water and bring to the boil. Add cloves, bay leaf and the pepper and simmer gently for 5 minutes, then skim the surface.

Cover the pan and simmer until corned beef is fork-tender - about 3 to 4 hours.

Add carrots, onion and potatoes during the last 25 minutes and add the cabbage in the last 15 minutes. Vegetables should be just tender.

Slice corned beef across the grain.

Serve the meat surrounded by the vegetables with additional mashed potatoes (if necessary).

IRISH STEW

Irish stew is easy to make and if made with mutton and cooked slowly will be both flavorsome and tender. Mutton, being an older meat, has more flavor than lamb but does need to be cooked for a couple hours over a low heat with liquid. It should not be allowed to boil or the flavor will be spoiled.

Ingredients:

2 1/2 lb boned mutton
4 large potatoes
2 large onions
3 or 4 medium carrots
sprig of parsley
2 cups water
salt and pepper

(serves four)



Directions:

Cut the meat into good size chunks.

Peel the vegetables and slice thickly.

Chop the parsley.

Choose a pot with a well-fitting lid and put in the ingredients in layers, starting and finishing with potatoes.

Pour in the water and season to taste.

Cover and put on a very low heat for about 2 1/2 hours until the meat is tender and the potatoes have thickened the liquid.

(This can also be made with lamb, in which case it requires only 1 1/2 hours cooking time)