

## Corned Beef and Cabbage- an Irish Treat!

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Whether you are Irish or not, most everyone likes to have a wee bit o' craic (jokes and a fun time) with family and friends on Saint Patrick's Day (March 17, 2010). Why not share a hot family meal together in celebration of Saint Patrick's Day this year? In Ireland, corned beef and cabbage on this day is a long-standing tradition that is sure to bring out the Irish in you!

### Traditional Irish Corned Beef and Cabbage



#### Ingredients

Corned Beef (uncooked)

Potatoes

Carrots

Cabbage

Biscuits

\*Mustard is optional

#### Procedure

Place corned beef in pot and cover with water.

Stir in seasoning packet (should be included with corned beef, but some have the spices already on the meat).

Bring to a boil, cover.

Simmer (cook on low heat) for a minimum of 3 hours (4 is better).

At 2 1/2 hours, add carrots and cabbage.

After 10 more minutes, add potatoes (and cook all for twenty more minutes).

Serve with hot biscuits of your choice and mustard if you like.