

What's Cooking at CAB

by the culinary staff at Certified Angus Beef LLC

Carry the Irish tradition

It's often said that everyone's a little Irish on St. Patrick's Day.

Make your own luck

One of the most interesting things about this nation of ours is the way we adopt and adapt celebrations in ways that make them uniquely ours. Take corned beef for example. If you celebrate St. Patrick's Day, chances are you're serving, or eating, this seasonal favorite. It's like hard-boiled eggs at Easter or pumpkin pie on Thanksgiving. You can find and enjoy these things year-round, but there's definitely a peak season to indulge.

Corned beef is traditionally made with beef brisket. Yes, the very same cut that's used in slow-smoked Texas-style barbecue. While both are delicious in their own way, it proves how much of a difference your seasoning and cooking technique can make on the final dish.

Corned beef is seasoned with a spice blend — pickling spice — that usually includes black peppercorns, cinnamon, mustard seeds, coriander seeds, crushed red pepper, allspice berries, crumbled bay leaves and cloves. It's easy to find premade pickling spice at the grocery store, but it's even easier to look for packaged corned beef in the meatcase. It includes the beef, a seasoning packet and simple cooking instructions. The easiest option of all, of course, is to look for *Certified Angus Beef*[®] (CAB[®]) brand corned beef in the deli case — it's even sliced for your convenience and delivers the same great flavor.

Care to make your own? Try our recipe that includes the traditional cabbage and

carrots on the side. We might suggest adding a few potatoes, too.

Of course a brisket can be a pretty hefty cut of meat, and chances are you're going to have some leftovers after your traditional "boiled dinner." Why not keep the St. Patrick's party going the next day?

For breakfast, you can start the day with a hearty, filling meal. Combine tender cubes of leftover corned beef with crispy potatoes, sautéed onions, cabbage and fresh eggs to make our Corned Beef Hash. You could also make a breakfast sandwich with sliced corned beef and egg on a biscuit ... delicious!

For lunch, the traditional choice is a Reuben. Have you ever made one at home? It's easy: Just spread two slices of rye or marble-rye bread with butter. Then, spread the unbuttered sides of the bread as generously as you'd like with Russian (or Thousand Island) dressing. Layer on thinly sliced corned beef (again, as generously as you'd like), sauerkraut and Swiss cheese. Heat the sandwich on a griddle or in a skillet, grilled-cheese style, until everything inside is warm and melty, and the bread is browned and slightly crispy.

We guarantee you'll forget these are leftovers.



Luck of the Irish Corned Beef Brisket

Ingredients:

1 (4-lb.) CAB[®] fresh corned-beef brisket with seasoning packet
3 quarts water
2 onions, halved and stuck with 8 cloves each
6 carrots, peeled and halved
1 cinnamon stick

2 bay leaves
12 coriander seeds
12 peppercorns, crushed
1 large head cabbage, cut into 8 wedges
3 sprigs fresh parsley

Instructions:

1. Place corned beef and seasoning packet in large heavy pot; add water. Bring to a boil and simmer for 1 hour.
2. Add onions and carrots. Bring back to a boil and skim off fat.
3. Add cinnamon stick, bay leaves, coriander seeds, peppercorns, cabbage and parsley; reduce heat to medium-low and cover. Simmer approximately 4 hours until beef is tender. When brisket pierces easily, it is ready.
4. Drain the water, place brisket on a platter and let stand about 10 minutes.
5. Slice diagonally across the grain and serve with cabbage, carrots and onion.

Serves 8



Corned Beef Hash

Ingredients:

1 lb. CAB[®] corned beef, ¼-in. dice
1½ lb. baby new red potatoes
2 Tbs. rendered bacon fat or butter
1 onion, quartered and sliced
2 cloves garlic, minced
½ tsp. dried thyme
½ tsp. dried oregano
4 cups thinly sliced cabbage (¼ head)
Freshly ground black pepper to taste
4 fresh eggs

10-in. cast-iron skillet Instructions:

1. Dice potatoes to ½-inch cubes. Add to salted water and bring to a boil. Turn off heat, sit for 10 minutes, strain and set aside. Preheat oven to 375° F.
2. Add bacon fat to skillet over medium-high heat. Sear potatoes until golden, about 5 minutes. Add onions, garlic,



thyme and oregano; sear until onions are transparent. Stir in cabbage and corned beef. Season with pepper.

3. Gently crack eggs on top of the hash and place skillet in the oven. Bake for 10-15 minutes depending on desired egg doneness.

Serves 4

