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CORNED BEEF AND CABBAGE



THE TRADITIONAL ST. PATRICK'S DAY MEAL.

Cook Time 2.5 - 3h | Ingredients 5 | Serves 6-8

Ingredients

- 3-4 lb. Grobbel's corned beef brisket
- 1 small onion, peeled and quartered
- 6 medium carrots, peeled and cut
- 3 potatoes, peeled and halved
- 1 cabbage cut in wedges

Directions

1. Remove corned beef from packaged and place in large pot with sufficient water to cover the meat. For a more robust flavor, add desired amount of enclosed spice packet to water.
2. Bring water to boil.
3. Reduce to simmer and cover. Simmer approximately 2 1/2 -3 hours or until firmly fork tender. Internal temperature should be at least 160°F for food safety; for optimal tenderness, cook to an internal temperature of 190°F.
4. With 15 minutes remaining, add to the pot 1 small onion, 6 medium carrots, and three potatoes (cut in halves). Cover and simmer 15 minutes.
5. Remove just the meat to a warm platter and cover. Let stand for 5 - 10 minutes.
6. Add 1 cabbage (cut into quarters) to the other vegetables in pot and simmer uncovered for 15 additional minutes.
7. Slice meat thinly across the grain and serve with vegetables for a complete and hearty meal.

Easy Stovetop Directions:

Remove Corned Beef from package

and place in large pot with enough water to cover the meat.

Bring water to boil.

For a more robust flavor, cut open the spice pack and add desired amount of enclosed spice packet to water.

Reduce to simmer and cover.

Simmer for approx. 2 1/2 – 3 hours or until firmly fork tender. Internal temperature should be at least 160°F for food safety; for optimal tenderness, cook to an internal temperature of 190°F.

Remove meat from pot

and let rest for 5 – 10 minutes. Slice thinly across the grain and serve.

Oven Directions:

Remove Corned Beef from package

and place on rack in roasting pan with 1" of water.

Cover pan

and seal with foil to trap moisture.

Cook in oven at 275°F for 3 - 4 hours

or until firmly fork tender. Internal temperature should be at least 160°F for food safety; for optimal tenderness, cook to an internal temperature of 190°F.

Remove meat from oven

and let rest for 5 – 10 minutes. Slice thinly across the grain and serve.

Crock Pot/Slow Cooker Directions:

Remove Corned Beef from package

and place in crock pot and completely cover with water.

Cover and cook

for approximately 11 hours on low or 5 hours on high, or until firmly fork tender. Please note that crock pot cooking times may vary greatly depending upon brand and style. It is important to check the meat with a meat thermometer to ensure it has reached at least 160°F for food safety; for optimal tenderness, cook to an internal temperature of 190°F. For best results, monitor at regular intervals. Slice thinly across the grain.

Instant Pot/Pressure Cooker Directions:

Remove Corned Beef from package

and place in pressure cooker with enough water to cover.

Attach the lid and cook

at full pressure for 70 minutes. Bring pressure down and remove the lid. Add vegetables

such as cabbage, potatoes, and carrots to the pot. Bring to full pressure and cook 15 additional minutes then release pressure and remove the lid. The corned beef and vegetables should all be fork tender . Internal temperature should be at least 160°F for food safety; for optimal tenderness, cook to an internal temperature of 190°F.

Remove meat from pressure cooker

and let rest for 5 – 10 minutes. Slice across the grain.

Grill Directions:

Remove Corned Beef from package

and score the fatty side of the meat diagonally.

Spread on favorite barbecue sauce.

Wrap in tin foil, fat side up. Grill on low or indirect heat for 20 – 30 minutes per pound, or until firmly fork tender. Internal temperature should be at least 160°F for food safety; for optimal tenderness, cook to an internal temperature of 190°F.

Remove from foil

and brown for 15 minutes.

Smoker Directions:

Remove the Corned Beef brisket from its packaging

and remove spice packet.

Preheat the smoker to 275°F.

Rinse brisket and pat dry.

Place directly on the grill grate, fat side up and smoke for 2 hours. Turn brisket over at the 2-hour mark.

After 4 hours of smoking, wrap the brisket in aluminum foil and return to the smoker or place in an oven heated to 275°F.

Cook for approximately 4 - 5 hours or until beef is fork tender. For food safety and tenderness, cook to internal temperature of 160°F; for optimal tenderness cook to 190°F internal.

Allow the meat to rest for 20 to 30 minutes.

Slice across the grain into 1/4-inch slices with a sharp knife and serve.

Air Fryer Directions:

Remove Corned Beef from package

and place on the rack. Or, to add flavor rub the raw corned beef with mustard and sprinkle the top side with brown sugar, then place on the rack.

To make clean-up easier, consider lining the rack with aluminum foil.

Close the air fryer and set the temp. to 350°F and cook for approximately 90 – 120 minutes.

Please note that cooking times may vary across different brands and models.

For food safety and tenderness, cook to internal temperature of 160°F; for optimal tenderness cook to 190°F internal.

When the meat has reached the desire temperature, remove it from the air fryer and place on a cutting board. Allow the meat to rest for 20 minutes. Slice across the grain into ¼ inch slices and serve.

Additional Tips:

1. When cooking in an oven, crock pot, Instant Pot, pressure cooker, or on the stove top, always add the spices included in the spice packet to the water to add depth of flavor.
2. When cooking with liquid, considering using liquids that will add flavor like stock or beer.
3. When cooking in liquid, add diced mirepoix (carrots, celery, and onion).