

Corned Beef & Cabbage

INGREDIENTS

6 lbs Corned Beef Brisket Flat
10 Whole Cloves

Mustard Sauce:

¼ cup Honey Mustard
2 Tbsp Brown Sugar

2 Tbsp EVOO + 1Tbsp butter
1 large Onion chopped
1 clove Garlic minced
2 heads Cabbage ½ in slices
and salted



DIRECTIONS

Corned Beef Brisket

1. Preheat oven to 275
2. Rinse Brisket - Sear in a hot pan with 2 Tbsps of olive oil - 5 minutes each side
3. Place on heavy duty foil fat side up. Insert cloves and wrap in foil leaving space at the top
4. Bake 50 minutes per pound (5 ½ hours)
5. Remove cloves, flip the brisket and spread mustard sauce on top. Broil until brown, about 2 minutes
6. Let rest 5 minutes and then cut into ½ in slices

Cabbage

1. Heat EVOO and butter to med high in large sauté pan
2. Add Onions and cook a few minutes, then add garlic.
3. Add 1/3 of the cabbage and spread out - salt. Leave until it starts to brown on the bottom. Flip and brown again.
4. Repeat with another 1/3 and another 1/3 of cabbage

