

Recipe

Slow Cooker Corned Beef & Cabbage

Ingredients

- 1 (3- 3.5 lb.) corned beef brisket roast (flat cut)
 - 1 1/2 Tbl. pickling spice (store bought is fine, but see our recipe for *pickling spice)
 - 1 large carrot, peeled and cut into 1.5 inch chunks
 - 1 & 1/2 lbs. red potatoes (whole and not peeled)
 - 1 small green cabbage
 - 12 pearl onions, peeled
 - 1 rib of celery
 - 1 sprig fresh rosemary
 - 1 sprig fresh thyme
 - 1/2 tsp. salt
 - 1/2 stick butter cut into slices for use towards the end of cooking
- water to fill (amount varies depending on cooking size of your slow cooker/crock pot.)

Directions

- Rinse the brisket thoroughly and place it in the slow cooker/crock pot fat side down.
- Sprinkle and coat the top of the meat with the pickling spice.



- Peel and chop the carrots into 1 1/2 inch chunks.
- Place the carrots and potatoes together on the bottom of the pot between the meat and the edges of the pot.
- Sprinkle the vegetables only with 1/2 tsp. salt.
- Carefully fill the slow cooker with water until it just reaches the top of the brisket, but does not cover, allowing the pickling spices to remain dry and in place.
- Turn the cooker on high heat.
- Trim the core off the cabbage, slicing only a thin layer off the bottom.
- Cut the cabbage into sixths, cutting them from top to bottom into wedges. Remove brown or damaged outer leaves.
- Place the wedges off cabbage on top of the meat and vegetables, careful not to disturb the pickling spice much. (Placement of the cabbage on top of the other ingredients allows the cabbage to steam slowly, and also allows for all the ingredients to be added at the same time at the beginning. The potatoes and carrots will cook up nicely submerged in the water with the meat.)
- Strew the peeled pearl onions and whole garlic cloves over the cabbage and other ingredients.
- Place the celery rib, rosemary sprig and thyme sprig atop the cabbage as well.
- Place the cover over the slow cooker and set the time for 3 hours on the high setting.
- Once 3 hours have lapsed, turn the heat of the slow cooker down to the low setting, and set the timer for 3 more hours.



- When there are 20 minutes remaining, place a large oven-safe covered serving dish in the oven on the middle rack and preheat the oven to 200 degrees.
- Once the second 3 hours has lapsed, the corned beef and vegetables will be ready. (3 hours on high heat and 3 hours on high low heat)
- Discard the herb sprigs and the celery rib. Carefully transfer the cabbage, onions, carrots and potatoes to the heated serving dish. Arrange the vegetables in a decorative fashion.
- Sprinkle the vegetables with about 1/2 cups of the remaining cooking liquid, and arrange the slices of butter on top of the vegetables. Cover the serving dish and place it back in the 200-degree oven.
- Transfer the brisket meat onto a cutting board, fat side down, and let it rest for about 8 minutes.
- Slice the meat into very thin slices, slicing on a bias against the grain from top to bottom at a slight angle, while holding the meat with a clean towel.
- The Corned Beef will be a beautiful pink, but is fully cooked, similar to roast beef.
- Remove the vegetables from the oven, and arrange the meat in a fanned out fashion atop the cabbage and other vegetables. sprinkle with a little more of the remaining cooking liquid and serve. You may also re-cover and hold the meat and vegetables in the oven for another 30 minutes on 200 degrees.



Chef's Notes

This recipe calls for a cut of brisket that is prepackaged and labeled “fat cut corned beef brisket,” which means it has already been brined and contains a good amount of salt. The added salt in this recipe is used only to season the vegetables . The meat should be thoroughly rinsed, but it is not necessary to trim off the fat, as it will render off in the slow cooker while braising and add flavor to the stewed vegetables. We found it was best to start the slow cooker or crock pot at high heat for the first 3 hours, then finished another 3 hours on low heat. Since this dish will take up to a total of 7 hours including prep time, it is best to start mid-morning for dinner service. A blend of spices called “pickling spice” can be found pre-mixed at the grocery and is perfectly fine, but we prefer to make our own (look for the recipe on our website). Placement of the vegetables is essential in making this an easy “set it and forget it” style slow cooker recipe.

