

Luck o' the Irish

Written by Debbi Covington
Tuesday, 11 March 2014 12:15



Corned beef is a long-standing American St. Patrick's Day tradition. In Ireland, the St. Patrick's Day meal would most likely be ham and cabbage. Corned beef is a beef brisket or round roast cured in brine which leaves the beef bright red and flavorful.

The meat remains pink when cooked, and because the beef is a tough cut of meat, requires longer cooking to render it tender. "Corned" refers to the salt grains used many years ago to cure or preserve meats. Most recipes call for simmering the beef on the stove for three to four hours, but Apricot Corned Beef is cooked in a crock pot on low for six to eight hours. When the beef is simmered and tender, top it with a delicious glaze of apricot preserves, brown sugar and Dijon mustard. Then, place the corned beef under the broiler for a few minutes until the glaze is bubbly. Start your feast with Mushroom, Apple and Goat Cheese Salad. Finish your St. Patrick's Day meal with yummy Irish Whiskey Cake and Irish Coffee. The whiskey provides an authentic taste of Ireland and marries well with the caraway and lemon. You can substitute ½ cup dried currants for the caraway seed for a different twist on an Irish tradition. Photography by Paul Nurnberg.

Mushroom, Apple and Goat Cheese Salad

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