

Erin Go Bragh!

Written by Debbi Covington
Tuesday, 07 March 2017 16:12



"May the leprechauns be near you, to spread luck along your way.

And, may all the Irish angels smile upon you St. Patrick's Day."

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. For fork-tender results, never boil corned beef. My easy recipe is a crock pot version of the classic method still preferred by most chefs. This week's featured recipe offers a tasty twist on the traditional Reuben. A savory filling of corned beef, sauerkraut and Swiss cheese is enhanced by layered wrappers of buttery phyllo pastry. Irish Rose Mashed Potatoes are a colorful addition to any St. Patrick's Day celebration. Organic potatoes of all colors are available in the early spring. Leprechaun Chow is a sweet snack that's also fun to share. Everyone's a little bit Irish on St. Patrick's Day! There's no better time to sample a few favorite Irish recipes and raise your glass to all things green.

n go bragh!

Ireland forever!

Eri

Corned Beef

1 (4-pound) corned beef brisket

Place corned beef in a crock pot, fat side up. Add seasoning packet and cover meat with water. Cover and cook on high heat for 7 hours or until meat is tender. Remove corned beef from crock pot and place in a baking dish. Using a fork, gently remove fat and discard. Slice corned beef against the grain, diagonally and thin. Serves 8 to 10.

Reuben Strudel (above)

1 pound thinly sliced corned beef

1 (16-ounce) jar sauerkraut

1 teaspoon caraway seeds

1 small onion, chopped

1 clove garlic, chopped

¼ cup melted *Irish butter

2 tablespoons Dijon mustard

16 sheets frozen phyllo pastry, thawed in refrigerator

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2 cups shredded Swiss cheese

Spray a baking sheet with cooking spray; set aside. Cut corned beef into ½-inch strips; set aside. Drain sauerkraut; squeeze dry and place in a medium bowl. Add caraway seeds, onion and garlic to sauerkraut; mix well to combine. In a small bowl, mix melted butter with Dijon mustard; set aside. Unfold phyllo. Stack 8 sheets of phyllo on a flat surface covered with wax paper, brushing every other sheet with the butter-mustard mixture. Spoon half of the sauerkraut mixture lengthwise down half of phyllo stack, spreading to within 2 inches of edges. Top with half of corned beef and half of cheese. Fold in the short edges 2 inches and roll up, starting at long edge of phyllo nearest the filling. Place, seam side down, on prepared baking sheet. Cut ¼-inch-deep diagonal slits, 1 inch apart, across top. Repeat procedure with remaining phyllo dough, butter mixture and filling. Brush both strudels with remaining butter-mustard mixture. Bake in a preheated 400 degree oven for 18 to 20 minutes or until golden. Cut diagonally into 4-inch slices. Serve immediately. Serves 6 to 8. *Irish butter may be found on the refrigerated dairy aisle of your local grocery store.

Irish Rose Mashed Potatoes



1 (28-ounce) bag enchanted rose organic potatoes

4 tablespoons *Irish butter

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2 tablespoons cream cheese or sour cream

½ cup milk

Salt and pepper, to taste

Chopped green onions, to garnish

Bring a large pot of water to a boil. Add potatoes and cook until tender. Drain and place in a large bowl. Add butter, cream cheese and milk and mash with a potato masher or hand held mixer. Season, to taste, with salt and pepper. Garnish with chopped green onions. Serves 6 to 8.

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