

Corned Beef and Cabbage

8-10 cloves of garlic
6-7 lb Corned beef brisket, 2 pieces
9 sm Cooking Onions or small Mayan Sweet Onions (or buy both, see below)
1 tbs Thyme leaves (3x)
2 tbs Parsley (3x)
4 Bay leaves (3x)
2 tbs Black peppercorns (3x)
10 Whole allspice berries (3x)
40 Whole cloves
3 lbs Carrots, approximately one large bag
5 lbs Potatoes
2 Head Cabbage, one average size, one smaller size
2 Cans Guinness Stout

- If you are able to buy both regular cooking Onions and small Mayan Sweet onions, use cooking Onions with the brisket and small Mayan Sweet with the vegetables
- Prepare 3 cooking Onions (or Mayan Sweet) by removing top, bottom and outer skin; stick each with 4 whole cloves, add to large pot
- Add 2 cans of Guinness Stout and heat on medium high until boils; boil 10 minutes; reduce heat
- Prepare beef brisket (2 pieces), slice 4-5 cloves of garlic into skewers and insert in slits made in brisket
- Add brisket to Guinness
- Add 1 tbs Thyme leaves, 2 tbs Parsley, 4 bay leaves, 2 tbs black peppercorns, 10 whole allspice berries
- Add water to cover brisket (1 inch above) and heat on medium high until boils; boil 20 minutes; reduce heat and simmer 4-4½ hours (longer is better); check progress of cooking and add water as necessary to keep brisket covered

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About 1.5-2 hours before brisket is finished - ideally your vegetables are finished cooking as the brisket is resting:

- Peel and slice/dice 4 carrots, add to 2nd large pot, cover with water
- Peel and quarter Potatoes, add to 2nd large pot, cover with water
- Add 1 tbs Thyme leaves, 2 tbs Parsley, 4 bay leaves, 2 tbs black peppercorns, 10 whole cloves, 10 whole allspice berries, 2-3 chopped cloves of garlic to 2nd large pot
- Heat 2nd large pot until boiling; boil 20 minutes; reduce heat slightly so that pot does not boil over; cook 50-55 minutes or until potatoes are tender when poked with a fork; drain

- Prepare 6 cooking Onions (or Mayan Sweet) by removing top, bottom and outer skin; add to 3rd large pot
- Peel and slice/dice rest of carrots (at least 10), add to 3rd large pot, cover with water
- Add 1 tbs Thyme leaves, 2 tbs Parsley, 4 bay leaves, 2 tbs black peppercorns, 10 whole cloves, 10 whole allspice berries, 2-3 chopped cloves of garlic to 3rd large pot
- Prepare heads of Cabbage; remove 1 or 2 outer layers of leaves, cut in quarters, remove and discard stem section (bitter), cut quarters into 1 inch strips; add to 3rd large pot; cover with water
- Heat 3rd large pot until boiling; boil 20 minutes; reduce heat slightly so that pot does not boil over; cook 50-55 minutes or until cabbage is tender when poked with a fork; drain

- Once brisket is cooked, carefully remove from liquid (do not be alarmed if it appears to fall apart) and let rest for 15 or 20 minutes
- Thinly slice brisket across the grain
- Serve with horse radish, yellow mustard, Irish butter, crusty bread

Guests should not eat bay leaves, whole cloves, pepper corns or allspice berries. ☺