
Corn beef - Honey mustard glazed corned beef, cabbage slaw, buttered potatoes



Servings: 4

Corned beef brisket

2 1/2 pounds raw corned beef brisket

3 quarts simmering water , enough to cover brisket during whole cooking time.

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## **Corned beef glaze**

1/4 cup dijon mustard

1/4 cup stoneground mustard

1/4 cup yellow mustard

2 tablespoons honey

2 tablespoons brown sugar

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Cabbage slaw

1/2 head green cabbage , cored and sliced

1/2 each sweet onion, julienned

4 slices thick-sliced bacon, medium diced

2 teaspoons fresh thyme, washed and chopped

1/2 teaspoon caraway seeds

1 to taste kosher salt and fresh ground black pepper

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## **Buttered Potatoes**

1 1/2 pounds Yukon Gold potatoes or New potatoes , Washed

1 tablespoon butter

2 teaspoons flat leaf parsley, washed and chopped

1 to taste kosher salt and fresh ground black pepper

Corned beef:

Place corned beef in simmering water, and cook for about 4 hours or until fork tender. This can be done in a crock pot.

Remove coned beef, keep liquid, and trim excess fat.

Mix all glaze ingredients together

Coat both sides of brisket with mustard glaze and broil until golden brown on both sides

Keep in warm place until cabbage slaw, potatoes, and other items are done. Slice against the grain. (THIS IS VERY IMPORTANT)

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Cabbage slaw:

Cook bacon until it just starts to brown, and then add onions, thyme, caraway seeds, and a pinch of kosher salt

Cook cabbage for about 4 minutes in boiling reserved water from cooking corned beef and then strain off liquid

Drain excess fat off of bacon mixture, return to pan and add cabbage.

Cook for about 5 minutes on medium heat

Season with salt and pepper

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Potatoes:

Start potatoes in cold water, bring to simmer, and cook until fork tender. approximately 20 minutes

Melt butter, add parsley and season with kosher salt and fresh ground black pepper.

**Yield: 4 servings**

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*Per Serving (excluding unknown items): 198 Calories; 10g Fat (51.6% calories from fat); 6g Protein; 17g Carbohydrate; 1g Dietary Fiber; 19mg Cholesterol; 820mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 1 1/2 Fat; 1 1/2 Other Carbohydrates.*

