

## Sneak Peek: St. Patrick's Day Feast with Chef Jamie Callison

**JAMIE CALLISON:** Hi my name is Jamie Callison. I'm the Executive Chef here for the School of Hospitality and Business Management, and Culinary Instructor.

Today we're gonna help you plan your St. Patrick's Day meal.

[MUSIC PLAYING]

A lot of families start with a canned corn beef. And we're going to show you today, how to go to the next level with brining it and making it from scratch. For making your own corned beef that beautiful thing about brining your own is you get to pick the high-end choice corned beef to start with and that's very important. We take the corned beef and we make a brine consisting of water sugar, honey bay leaves, juniper berries, and pickling spice and we let our corned beef brine for five days. We then slow cook it until it's fork-tender and then put a nice honey glaze over it and finish boiling it.

By starting with your own corned beef and brining it, you can determine over time how much of each ingredient you want to put in and create your own family's secret recipe for corn beef.

Now on to the cabbage part our meal. The traditional cabbage is boiled in the brine. We're going to help you take this cabbage and turn it into an amazing side dish. So this traditional cabbage is just boiled. What I do with my cabbage is I julienne it, simmer it real quick and do a kind of a blanch on the cabbage, and then I sauté it with onions, bacon, a little bit of caraway, and a little bit of thyme. And it creates an amazing dish without the cabbage being overcooked.

Of course, no St. Patrick's Day would be complete without the potato. I believe in the sticking to my grandma's methods of cooking this potato to create my finishing touches on my meal. My grandma would take the potato and basically just boil it in water and when it was done toss it in butter, salt, pepper, and that was it.

Please join us on March 8th when we help show you how to prepare this amazing St. Patrick's Day meal.

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