

Corned Beef and Cabbage in a Crock

2-3 lbs. corned beef brisket with
spice pack

3 cubes beef bouillon

4 cloves garlic, diced

2 whole cloves

4 carrots, sliced thick

6 white potatoes, halved, with skins

6 cups water

10 peppercorns

2 bay leaves

1 head cabbage cut in wedges

A perfect St. Patrick's Day dinner.

Combine corned beef and water in slow cooker. Add bouillon cubes, garlic, peppercorns, cloves and bay leaves. Cook on high for 3 to 4 hours or until meat is tender.

Remove meat, cut into bite-sized pieces and return to broth.

Add carrots and potatoes. Reduce heat to low and simmer another 45-60 minutes. Add cabbage and cook for 20 more minutes or until veggies are tender. Remove the bay leaves. Serve with fresh baked soda bread.

This recipe can be cooked on low for about 7 hours but don't add the vegetables until the last hour.

An Irishman's heart is nothing but his imagination.

George Bernard Shaw (1856-1950)

© 2021 Patrick Lose

Irish Soda Bread

4 cups flour

1 tablespoon baking soda

1 tablespoon sugar

2 1/3 teaspoons salt

1/4 teaspoon cream of tartar

2 cups buttermilk

1 tablespoon butter

(melted for brushing)

Great with Irish Stew or Corned Beef and Cabbage

Thoroughly combine baking soda, sugar, flour, salt and cream of tartar. Make a well in the center. Add buttermilk and mix lightly and quickly with a fork.

Turn out onto a lightly floured board and knead for one minute. Shape into a circle, about 1 1/2 inch thick. Place on a greased cooke sheet. Slash a large cross in the top.

Bake in a preheated 375°F oven for 40-45 minutes.

Remove from oven. Brush top with butter while still warm. Cool on a wire rack.

St. Patrick's Day is an enchanted time - a day to begin transforming winter's dreams into summer's magic.

Adrienne Cook

© 2021 Patrick Lose