

RECIPE OF THE WEEK March 10, 2013 PHILLIS CAREY

CORNED BEEF WITH A MUSTARD BROWN SUGAR GLAZE

4 pounds corned beef brisket

Serves 6 to 8.

Seasoning packet from corned beef

1 gallon water, as needed

1/2 cup light brown sugar

1/2 cup water

1/2 cup spicy brown or Dijon mustard

1 lb. baby-cut carrots

8 small red potatoes

16 large broccoli florets

A variety of mustards for serving

1. Rinse off the brisket under running water, and then trim off excess fat. Place the meat and enough water to cover it in a stock pot; add the seasonings from the package and bring to a boil. Lower the heat so the water simmers gently.

2. Cook until very tender but not falling apart, about 3 hours. About every half hour, skim the fat from the water's surface with a large spoon and discard. Add more water as needed to keep the brisket submerged.

3. Test the cooked meat for tenderness by piercing the meat with a meat fork. It should meet only a slight resistance. Remove the meat, reserving the cooking liquid in the pot, and transfer to a parchment-lined baking sheet.

4. Preheat oven to 325 degrees. In a small saucepan, combine the brown sugar and water and bring to a simmer over medium-high heat. When the mixture has turned syrupy, after about 5 minutes, stir in the mustard. Continue simmering another 2 to 3 minutes. Paint a thin coating of glaze over the entire brisket. Put in the oven and bake for 30 minutes, reglazing every 10 minutes. Remove the brisket when the glaze is shiny, and let it rest for 15 minutes. Use a sharp slicing knife to carve thin slices and arrange on a platter.

5. While the corned beef is roasting, add the potatoes and carrots to the cooking liquid; bring to a boil and cook until tender, about 12 minutes. Steam or microwave the broccoli until just tender and still bright green. Combine the potatoes, carrots and broccoli in a serving dish and serve alongside the corned beef. Serve with a variety of mustards and Colcannon (see next page) to the side.

COLCANNON

Serves 6.

4 lbs. russet potatoes, peeled
6 T. unsalted butter, divided use
1/2 cup or more half and half
2 lbs. green cabbage, sliced in shreds
1 cup chopped onion
Salt and pepper to taste
1/2 cup chopped green onions

1. Quarter potatoes and place in a large pot of cold water. Bring to a boil, add 1 T. salt and then simmer until potatoes are tender. Put through a ricer and stir in 3 T. butter and enough hot half and half to make creamy potatoes.
2. Meanwhile, sauté the cabbage and onion in 3 T. butter until tender. Stir into hot potatoes. Stir in green onions and season to taste with salt and pepper. Serve immediately.

Tip: To make this ahead. Add 6 oz. cream cheese to the potatoes along with butter and half and half. Transfer potatoes to a 2 1/2 quart casserole, cool, cover and refrigerate as much as 36 hours. Bake, covered with foil, at 350 degrees for 30 to 40 minutes. Just before serving complete Step #2 stirring cooked cabbage and green onions into reheated potatoes.

GUINNESS CHOCOLATE BROWNIES WITH ICE CREAM Makes 16.

1 cup flour
3/4 cup unsweetened cocoa powder
1/4 tsp. salt
6 T. unsalted butter, cut into cubes
8 oz. bittersweet chocolate, chopped
5 oz. white chocolate, chopped
4 large eggs, at room temperature
1 cup sugar
1 1/4 cups Guinness stout at room temperature
1 cup semisweet chocolate chips
Powdered sugar for dusting
Vanilla ice cream

1. Preheat oven to 375 degrees. Line a 9 x 13 inch pan with aluminum foil and butter the foil.

2. In a medium bowl, whisk together flour, cocoa powder and salt to combine; set aside. Melt butter with bittersweet and white chocolates in a glass bowl in the microwave on HIGH power for 1 minute; stir and melt 30 seconds and stir until smooth.
3. With a mixer beat eggs and sugar on high speed until light and fluffy, about 3 minutes. Add melted chocolate mixture, beating on medium low speed until combined. Beat in flour mixture alternately with beer; the batter will seem a bit thin.
4. Pour batter into prepared pan and sprinkle with semisweet chocolate chips—some with sink. Bake 25 to 30 minutes or until a toothpick comes out almost clean. Cool on a rack and sprinkle with powdered sugar. Serve with ice cream.