

Corned Beef & Brussels Sprouts

Adapted from Alton Brown & the Food Network



When Kristen and her hubby wanted to make traditional Corned Beef last year for St. Patrick's Day, they turned to their old standby, Alton Brown, for the recipe. While the process is a bit labor intensive, making corned beef from scratch is truly the way to go! When paired with what we like to call "tiny cabbage" aka. Brussels Sprouts, it's the perfect take on the traditional St. Patricks Day meal! Top o' the mornin' to ya!

Corned Beef:

Ingredients:

- 2 quarts water
- 1 cup kosher salt
- 1/2 cup brown sugar
- 2 tablespoons saltpeter
- 1 cinnamon stick, broken into several pieces
- 1 teaspoon mustard seeds
- 1 teaspoon black peppercorns
- 8 whole cloves
- 8 whole allspice berries
- 12 whole juniper berries
- 2 bay leaves, crumbled
- 1/2 teaspoon ground ginger
- 2 pounds ice
- 1 (4 to 5 pound) beef brisket, trimmed
- 1 small onion, quartered

1 large carrot, coarsely chopped
1 stalk celery, coarsely chopped

Directions:

Place the water into a large 6 to 8 quart stockpot along with salt, sugar, saltpeter, cinnamon stick, mustard seeds, peppercorns, cloves, allspice, juniper berries, bay leaves and ginger. Cook over high heat until the salt and sugar have dissolved. Remove from the heat and add the ice. Stir until the ice has melted. If necessary, place the brine into the refrigerator until it reaches a temperature of 45 degrees F. Once it has cooled, place the brisket in a 2-gallon zip top bag and add the brine. Seal and lay flat inside a container, cover and place in the refrigerator for 10 days. Check daily to make sure the beef is completely submerged and stir the brine.

After 10 days, remove from the brine and rinse well under cool water. Place the brisket into a pot just large enough to hold the meat, add the onion, carrot and celery and cover with water by 1-inch. Set over high heat and bring to a boil. Reduce the heat to low, cover and gently simmer for 2 1/2 to 3 hours or until the meat is fork tender. Remove from the pot and thinly slice across the grain.

Read more at: <http://www.foodnetwork.com/recipes/alton-brown/corned-beef-recipe.html?oc=linkback>
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Roasted Brussels Sprouts:

*This is how Kristen ALWAYS cooks Brussels sprouts. If you are not a fan of them because of the boiled Brussels sprouts you ate as a kid, try this simple roasted recipe! They are almost guaranteed to change your mind!!! You can also add crumbled bacon to the top if you like. Bacon makes everything better....

Directions:

Toss 1 1/2 pounds halved Brussels sprouts with 1/4 cup olive oil and a pinch each of red pepper flakes, salt and pepper. Roast cut-side down on a baking sheet at 450 until caramelized, 25 to 30 minutes. Drizzle with white wine vinegar and honey.

Read more at: <http://www.foodnetwork.com/recipes/food-network-kitchens/roasted-brussels-sprouts-recipe.html?oc=linkback>