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Corned Beef ♦♦

Corned beef is a popular dish made from beef brisket that has been cured in a brine solution. It is typically associated with Irish cuisine and is often enjoyed on St. Patrick's Day. The beef is cooked until tender and served with vegetables such as cabbage and potatoes. This recipe yields a delicious and hearty meal that is perfect for any occasion.

Recipe Type: Standard

Prep Time: 20 mins

Cook Time: 180 mins

Total Time: 200 mins

Recipe Yield: 1500 grams

Number of Servings: 6

Serving Size: 250 g

Ingredients

2000 g	Beef Brisket
4 l	water
200 g	kosher salt
100 g	Brown Sugar
25 g	pink curing salt

30 g	pickling spices
500 g	cabbage
500 g	potatoes

Directions

Step 1

Boiling

In a large pot, combine water, kosher salt, brown sugar, pink curing salt, and pickling spices. Bring to a boil and stir until the salt and sugar are dissolved.

Prep Time: 10 mins

Cook Time: 0 mins

Step 2

Refrigerating

Place the beef brisket in a large container or resealable bag. Pour the brine over the brisket, making sure it is fully submerged. Refrigerate for at least 5 days, turning the brisket once a day.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Simmering

After the brining period, remove the brisket from the brine and rinse it under cold water. Place the brisket in a large pot and cover with fresh water. Bring to a boil, then reduce the heat and simmer for 3 hours or until the brisket is tender.

Prep Time: 10 mins

Cook Time: 127 mins

Step 4

Boiling

While the brisket is cooking, prepare the cabbage and potatoes. Cut the cabbage into wedges and peel and quarter the potatoes. Place them in separate pots and cover with water. Bring to a boil and cook until tender.

Prep Time: 10 mins

Cook Time: 30 mins

Step 5

Cutting

Once the brisket is cooked, remove it from the pot and let it rest for 10 minutes. Slice the brisket against the grain into thin slices.

Prep Time: 5 mins

Cook Time: 0 mins

Step 6

Serving

Serve the sliced brisket with the boiled cabbage and potatoes. Enjoy!

Prep Time: 5 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 20 g

Protein: 25 g

Carbohydrates: 15 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	25 g	147.06%	147.06%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Carbohydrates	15 g	27.27%	30%
Fibers	5 g	13.16%	20%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	10 g	45.45%	58.82%
Fat	20 g	71.43%	80%
Cholesterol	100 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	50 mg	55.56%	66.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	50 mcg	2083.33%	2083.33%
Vitamin E	8 mg	53.33%	53.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	1500 mg	65.22%	65.22%
Calcium	10 mg	1%	1%
Iron	20 mg	250%	111.11%
Potassium	15 mg	0.44%	0.58%
Zinc	15 mg	136.36%	187.5%
Selenium	30 mcg	54.55%	54.55%

Recipe Attributes

Events

Christmas

Thanksgiving

New Year

Anniversary

Back to School

Barbecue

Picnic

Cuisines

Italian

American

Nutritional Content

High Protein

Low Fat

Low Carb

Low Sodium

Sugar-Free

High Iron

High Calcium

Kitchen Tools

Blender

Course

Appetizers

Main Dishes

Side Dishes

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Easy

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