



Slow Cooked Corned Beef Brisket & Cabbage

4-5 pound corned brisket of beef
3 garlic cloves, peeled
6 sprigs thyme leaves, tied with kitchen twine
1 bay leaf
8 peppercorns
16 cups water
8 carrots, peeled
8 potatoes, peeled
16 pearl onions, peeled
1 small head green cabbage, cut into quarters

- Place the beef in a large pot and cover with fresh cold water. Add the thyme, peppercorns, garlic and bay leaf. Bring to a boil and reduce the heat to a simmer. Skim the fat from the surface as necessary. Cook gently for 3-4 hours until the beef is fork-tender.
- About 30 minutes before serving, add the carrots, potatoes and onions. Bring to a boil, cover, reduce heat and simmer. Cook for 20 minutes.
- Add the cabbage. Bring to a boil, cover, reduce heat and simmer. Cook for 15 minutes.
- Discard the bay leaf, garlic cloves and thyme.
- Place the beef on a large platter and surround with the vegetables.
- Serve.