

An Irish feast

If you make corned beef only once a year, this BBQ recipe is the most rewarding way to go.

To save time, start with a store-bought corned (brined) beef brisket, *see below*. Brisket is the large chest muscle of the animal, making it a heavily exercised, tough, but really flavorful, piece of meat. After simmering it in water for three hours (this can be done a day ahead),

the meat becomes extremely tender. But don't stop there. Instead, pour on the whiskey BBQ sauce, then roast. Serve the corned beef with the delicious side dishes on Page 8—as far as flavor and ease, they're worth a pot o' gold!

Just *try* not to eat all the corned beef in one day. Save the leftovers to make Reuben Hush Puppies on Page 9 or the hash on Page 10.

BBQ Corned Beef with sweet-hot whiskey glaze

Makes 2 lb. beef; Total time: 4 hours

SUBMERGE IN WATER; SIMMER:

1 corned beef brisket (4 lb.)

WHISK TOGETHER:

1/4 cup ketchup

1/4 cup whiskey
(such as Jack Daniel's)

1/4 cup apple cider vinegar

2 T. brown sugar

2 T. soy sauce

1 t. dry mustard

1/2 t. ground ginger

1/4 t. red pepper flakes

SERVE WITH:

Whipped Parsnips and Potatoes
and Sweet 'n Sour Cabbage, *Page 8*

Per 4 oz. beef: 329 calories; 59% calories from fat; 22g total fat; 6g carb.; 1470mg sodium; 0g fiber; 21g protein



Submerge corned beef, fat side up, in water in a large pot. Cover and simmer over low heat until beef is tender when pierced with a fork, 3–3½ hours. (If chilling overnight, keep the meat in the liquid. Bring it to a simmer the next day, then continue with the recipe.)



Preheat oven to 450°; line a baking sheet with foil, top with a rack, and coat with nonstick spray. Transfer the cooked beef to the prepared rack, fat side up. Use a knife to trim off the fat—it will be soft and easy to remove.



Whisk remaining ingredients together in a saucepan and bring to a boil over high heat until thickened, 3–4 minutes. Spoon glaze onto beef, then roast for 10 minutes, or until the glaze is dark and sticky. Remove from oven and let meat rest for 15 minutes.



Transfer to a cutting board, then thinly slice against the grain. Serve with parsnips and cabbage.

Corned beef brisket

Corned beef is brined beef brisket. It's sold in 3- to 4-pound cuts but will weigh half that once it's cooked and trimmed. If a seasoning packet is included with the meat, dump that into the simmering liquid. No packet? Add 2 T. of pickling spices to the water—but it's not a must.

CORNED BEEF COMPANIONS

When it comes to corned beef side dishes, cabbage and potatoes are the obvious choices. So here they are—with a new look.

Instead of ordinary mashed potatoes, this recipe includes parsnips, a pleasantly sweet root vegetable similar to carrots. Slice them thin to shorten their

cooking time, then simmer until *really* soft. This way, they'll whip to a smooth, light consistency.

Even if you're not a cabbage fan, give this sweet 'n sour slaw a shot—it's loaded with great flavors. Toss it together just before serving to keep the cabbage from wilting and becoming soggy.

Whipped Parsnips and Potatoes

Makes 4 cups; Total time: 35 minutes

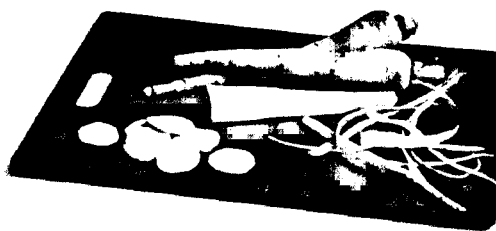
SIMMER; DRAIN:

- 2 lb. parsnips, peeled, thinly sliced
- 8 oz. Yukon gold potatoes, peeled, cut into 1" chunks

ADD; FINISH WITH:

- 1 cup half-and-half, warmed
- 4 T. unsalted butter (1/4 cup)
- 1/2 cup scallions, thinly sliced
- Juice of 1/2 a lemon
- Salt and pepper to taste

Per 1/2 cup: 200 calories; 42% calories from fat; 9g total fat; 27g carb; 26mg sodium; 6g fiber; 3g protein



▲ Some parsnips have a waxy coating that protects them during shipping. They're still easy to peel—simply use a vegetable peeler.



Simmer vegetables in water until very tender, 25 minutes. Drain, return them to the pot, and crush with a potato masher.



Add the half-and-half and butter; mix with a hand mixer on medium-high speed until smooth. Finish with remaining ingredients.

Sweet 'n Sour Cabbage with maple, bacon, and lemon

Makes 4 cups; Total time: 25 minutes

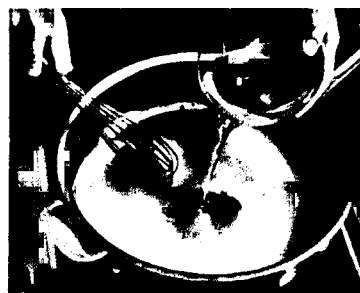
SAUTE; WHISK IN; DEGLAZE WITH:

- 4 strips thick-sliced bacon, diced
- 1 t. all-purpose flour
- 2/3 cup dry white wine
- 2/3 cup apple juice
- 2 T. apple cider vinegar
- 2 T. pure maple syrup
- 2 T. Dijon mustard
- 1/2 t. red pepper flakes

POUR OVER; FINISH WITH:

- 1 bag coleslaw mix (16 oz.)
- 1 cup red onion, thinly sliced
- 1/4 cup chopped fresh parsley
- Reserved bacon
- Salt and lemon juice to taste

Saute bacon in a saute pan over medium heat until crisp. Transfer to a paper towel-lined plate; pour off all but 1 T. drippings.



Whisk in flour; deglaze with wine. Add next 5 ingredients and simmer until slightly syrupy, 5 minutes.



Pour hot mixture over coleslaw and onion in a bowl; toss. Finish with remaining ingredients.

Per 1/2 cup: 102 calories; 30% calories from fat; 3g total fat; 12g carb; 143mg sodium; 2g fiber; 2g protein