

Cuisine at home eRecipes

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Marmalade-Glazed Corned Beef with Carrots & Potatoes

Corned beef can be very salty. Rinsing the raw meat to remove any brine will reduce the amount of sodium in the dish. If the meat comes with a packet of seasoning, save that to use in the recipe, if desired.

Makes: 6 servings

Total time: 4 to 5 hours (high heat),
8 to 9 hours (low heat)

FOR THE BEEF:

- 3 lb. corned beef brisket, rinsed and trimmed
- 1 1/2 lb. red potatoes (4–5), skin left on and scrubbed
- 1/2 lb. carrots (3–4), peeled and cut into 2-inch pieces
- 1 cup lager-style beer
- Seasoning packet (*optional*)

FOR THE GLAZE:

- 1/2 cup orange marmalade
- 1/4 cup whiskey or apple juice
- 2 Tbsp. ketchup
- 2 Tbsp. white wine vinegar

Nutrition Information

Per serving: 475 cal; 25g total fat (8g sat); 130mg chol; 1568mg sodium; 32g total carbs; 3g fiber; 27g protein



Combine beef, potatoes, carrots, and beer in a 4- to 6-quart slow cooker. (Add seasoning packet, if desired.) Cover; cook until beef is fork-tender, on high-heat setting for 4–5 hours or on low-heat setting for 8–9 hours. Remove beef and vegetables. Discard liquid.

Whisk together marmalade, whiskey or juice, ketchup, and vinegar; brush over corned beef.

Preheat broiler to high with oven rack 6–8 inches from the element. Transfer meat to a broiler pan coated with nonstick spray; broil until glaze caramelizes, 5 minutes.

Thinly slice corned beef against the grain; quarter potatoes. Serve beef with carrots, potatoes, and Buttered Cabbage.

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Steps to Success



1. Brisket is a fatty cut of meat. Trim away all visible fat, otherwise the finished dish will be greasy.



2. Braise brisket in a light lager such as an American pilsner to add beer flavor without bitterness.