

SEND TO RICK.

3/16/16: **7.45 lb brisket**, one piece, with little noticeable fat layers within the meat, the meat in the package nicely cut into a **rectangular shape** (Costco) - Trim out fat in center of roast (probably leaving a Long Island split end—a solid piece on one end and 2 fingers at the other). **TIE** the meat to compact it (5 to 6 strings). - 3/22/16 - Tie to compact the meat if there are “fingers.”

Soak **overnight** in a **12-quart (NEXT 10-quart) /cambro container** filled with water. Discard the liquid in the morning. 3/16 - Change the water at least once to remove excess salt; it will still be salty enough.

A THOUGHT: Cook 1 **OR** 2 vegetables (carrots, cabbage) in the broth and the potatoes (boiled/parslied/mashed...) on the side.

(Original: [Below](#))

Corned Beef and Cabbage in Guinness

(Pressure Cooker)

Recipe Rating: 10.

Timing Chart Tips

Makes 6 to 8 servings. Review: March 2005 - The meat was delicious. Browning the meat is a very important step [we found it almost as good if not browned-RDY]. Without soaking, the problem is the sauce reduction. It looked gorgeous, brown, and thick, but the sauce was so salty it was inedible. The veggies and meat did not taste salty. I'd certainly make this again, but just remember to taste the sauce before serving.—MAC [Solution: Soak the meat to reduce the salt.]

BROTH from the corned beef makes a good base for soups (vegetable, beef and barley, etc). If necessary, cut the broth with some water or low-sodium chicken broth to adjust the salt level.

See [Menu Ideas](#) for alternate cabbage, carrot, and potato recipes instead of cooking them with the corned beef.

Total Time: 3 hrs 50 mins – Prep Time: 20 mins – Cook Time: 3 hrs 30 mins



1–2 DAYS AHEAD, SOAK CORNED BEEF. Best soaked 24 hours and then cooked one day ahead or early on serving day so the meat **MUST** cool for easier slicing. Reheat, drizzled with a bit of broth, for serving.

1. **DISCARD BRISKET PACKAGING JUICES** and spice packet. **TRIM OFF FAT CAPS** down to the meat, but leave fat in the deep pocket.

SOAK MEAT. Place the meat in a **large, non-reactive bowl** and cover with cold water. **SOAK 24 HOURS** in **cold water** to help reduce the saltiness of the meat. Change the water occasionally. The soaking time can be increased if you are sensitive to saltiness, but overnight in one bowl of cold water works well for our family.

1 or 2 (4-pound) thick, flat-cut corned beef briskets
[NOTE: 8-quart cooker holds a maximum of 2 (4-pound) brisket flats, 6-quart cooker holds 2 (3-pound flats)—buy thicker cuts]

ONE DAY AHEAD OR AT LEAST 5 HOURS BEFORE SERVING, COOK CORNED BEEF

To cook in a Dutch Oven, see [end of recipe](#). Results are excellent without the messy and time-consuming browning of the meat.

1. **RINSE** corned beef under cold water. **TRANSFER MEAT** to a **6- or 8-quart pressure cooker**. Pour Guinness over meat; add enough water to **almost** cover the brisket(s). One inch below the meat is fine for 2 briskets.

The trimmed and soaked meat
1 (12-oz) bottle Guinness draught (stout is more bitter)—for 3.5 pounds beef, use 6 ounces Guinness (by weight)
Water, to almost cover the meat

2. **PLACE IN A CHEESECLOTH BAG** the onion, garlic, bay leaf, cinnamon, cloves, allspice, and pepper. Drop into the pot. **SEAL THE LID** on the cooker; bring to **high pressure (15 psi)**. **REDUCE HEAT** to maintain **high pressure**. **COOK.** See [Timing Chart](#), below.

1 medium yellow onion, unpeeled and cut into wedges
3 cloves garlic with skin, halved
1 bay leaf
1/4 teaspoon Vietnamese cinnamon (or 1/2 cinnamon stick)
1/8–1/4 teaspoon ground cloves (PC: 4 whole cloves)
1/2 teaspoon black peppercorns (or 1/4 teaspoon ground)
1/2 teaspoon allspice berries (or 1/4 teaspoon ground)

RELEASE PRESSURE NATURALLY, 18 to 22 minutes.

THIS MEAT (TRIMMED): ___#, TIME: ___ minutes.

Serious Eats recommended a **final internal temp reading of 183°F**.

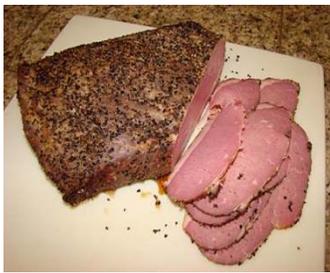
GLAZE after wrapping?? Make a **glaze out of brown sugar and mustard and bake it in the oven for 20 minutes** (after boiling the meat first). This corned beef recipe with the glaze is the best. - from the Internet TORCH IT?

4. **REMOVE MEAT** from cooker (leave broth in pot if cooking vegetables in it; otherwise, **freeze** for use as a soup base); **wrap meat very tightly in plastic wrap** (wrap the package with a towel or foil to keep warm).

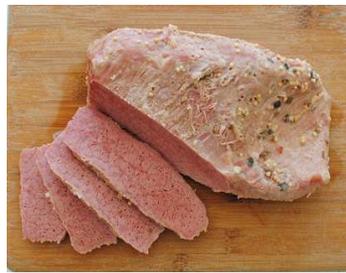
Let sit **at least 1 hour** while preparing the vegetables & sauce. This allows the meat to firm up so it can be sliced without breaking or shredding. It really works. If slicing for sandwiches, cool the package to room temperature; then refrigerate. Slice the meat when cold.

5. **SLICING THE BRISKET** is as important as how you cook it. Cut **with** the grain and you will have slices that fall apart and that will shred. Cut **across** the grain and your slices will hold together (best if the meat has been cooked and chilled before slicing).

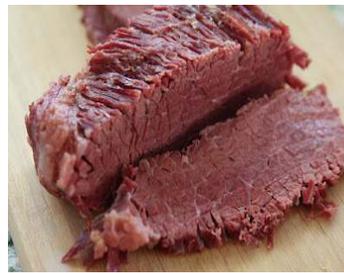
ALWAYS slice corned beef **across the grain, beginning across one corner**.



Begin the first slices **across one corner** of the corned beef brisket (check the underside of the meat to be sure that you will be slicing **across** the grain).



In these photos, you can clearly see the direction of the grain and how the slices that are cut **across** the grain will look.



Notice that the first cuts will be **across one corner** of the meat. [\(Source\)](#)

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TIPS:

I find that the best knife to use for slicing the corned beef is a **granton edge slicing knife**. Cook's Illustrated, October 2015, recommends the [Victorinox 12" Fibrox Pro Granton Edge Slicing/Carving Knife #47645](#). You might have to shop around; the price has gone up a lot in the 6 months since the review—possibly *because* of the review.

- Brussels sprouts can be substituted for the cabbage (check timing).

Brussels Sprouts (Sass): NOTE: Bring water to <u>boil</u> , then add sprouts. Start timing <u>when the lid is locked in place</u> .	
Small (Sass).....	4 minutes from locking lid (Sass)
Medium (Sass).....	5 minutes from locking lid (Sass)
Small, 1 1/2" long (Sass-2)	3-4 minutes from locking lid (Sass)
Large, 2" long (Sass-2).....	4-5 minutes from locking lid (Sass)
Small frozen, in Foil Packet.....	15 minutes (25 is too long)
HIP:	4 minutes + Normal Release (open the pressure valve on the lid)

RESEARCH on INTERNAL TEMPS (3/15):

Suggest 145

beef collagen begins to break down at 140
check fork tender

To be tender and juicy you need to cook it to about 190-195 degrees in the center. Above 180, the collagen breaks down and re-tens the meat. If you try to eat it below 185 it's pretty darn unpleasant.

180 to 195

Bake to an internal temperature of 185°. Check for tenderness. Continue baking until the brisket is fork tender. It may take additional time depending on the thickness of the brisket.

200-215° for fork tender

Smoked: 195°F. Let the meat rest, still covered, for at least 20 minutes. (Raichlen & TVWB)

Serious Eats recommended a final internal temp read of 183°F.

RICK's notes from prior cooks

03/2017

Bought 7 pound slab at Costco at \$3 per pound, divided it in half, cooked on separate days.

Cooked 3.25 lb for 46 minutes

Cooked 3.50 lb for 50 minutes. Post cooking weight was 2.07 lb for 41% shrinkage.

04/2018

Bought 4.0 pound flat cut at Publix at \$4 per pound (Groebbel brand)

Cooked 3.80 lb for 50 minutes. Post cooking weight was 1.47 lb for 61% shrinkage.

Instant Pot took 16 minutes to reach high pressure

Natural release took 25 minutes.

03/2019 and 05/2020

Bought two 6.5 pound slabs at Costco at \$4.40 per pound. Cooked second one 05/2020

COOK THE VEGETABLES: Our family prefers **mashed potatoes, pressure-steamed cabbage, and steam-sautéed parsley carrots** over the usual boiled vegetables that accompany the corned beef. They make for a very colorful plate.

1. **POTATOES AND CARROTS.** Add the carrots, then the potatoes, to the simmering broth in the pot.

OR: MAKE MASHED POTATOES with or without carrots. See Menu Ideas, below.

2 1/2 pounds (40 oz) small (about 2" diameter) RED new potatoes; cut larger potatoes into 2-inch chunks
1 1/2 pounds (24 oz) thick carrots, peeled and roll-cut into 2-inch chunks (you might have to buy loose carrots in order to get thick ones) (4 oz per person)
Works: 5 oz baby-cut carrots in foil + 5 oz on top of potatoes

2. **CABBAGE. [Or prepare Steamed Cabbage.]**

Leaving the core intact to hold the leaves together, cut each cabbage half into 3 wedges.

INSERT A TOOTHPICK through the pointed end of the wedges

to secure the cabbage leaves.

Add only as much cabbage on top of the carrots as will loosely fit **2 inches below the cooker's rim.** (If the broth reaches higher than three-quarters up the sides of the cooker, ladle some out.)

1 large green or Savoy cabbage (2 1/2 lbs, 40 oz), outer leaves discarded and halved through the core (8 oz per person)
Toothpicks, to hold the cabbage wedges together
OR: Pressure-Steamed Cabbage, Brickery Style (PC) ✓✓

3. **SAUCE:** [3/11: This is good, but more of a gravy; I'm thinking a sour cream sauce would be better—and less hassle.]

HORSERADISH-WASABI SAUCE. (Makes 2 cups - great!)

(Plan on 1/3 to 1/2 cup per person.)

— In a **1-quart saucepan**, combine flour, wasabi, and mustard.

— Whisk in the vermouth or water to make a smooth paste.

— Gradually whisk in the corned beef broth.

— Bring to a simmer; cook for **3 minutes** until slightly thickened.

— Fold in the horseradish, sour cream, and sugar.

— **SERVE WARM.** Reheat gently, but do not simmer or boil.

5 tablespoons (1.8 oz, 50 g) unbleached all-purpose flour
1 1/2 teaspoons wasabi powder
2 teaspoons grainy mustard (Country Dijon)
1/4 cup (60 g) dry vermouth or cool water
2 cups of the strained and defatted corned beef broth

1–2 tablespoons lightly squeezed prepared horseradish
1/2 cup reduced-fat sour cream
Pinch sugar

OR USE: Stogie's Horseradish Dipping Sauce ✓✓ or below

4. **COOK VEGETABLES** under **high pressure** for **3 1/2 minutes.** (Potatoes, 2 inches in diameter: 4 minutes)

QUICK-RELEASE the pressure under cold running water.

REMOVE VEGETABLES, CHECK POTATOES for doneness. They might need a few minutes of simmering without pressure.

WITH LARGE SLOTTED SPOON OR CHINESE DRAINER, remove vegetables from broth to surround the meat on the platter.

LEAVE THE BROTH in the pot. **[Cabbage (Green): 2–3-pound, quartered: 3 min; Quartered, cored, thinly sliced: 2–3 min.]**

5. **OPTIONAL, SEASON VEGETABLES.** Toss vegetables in butter, if you wish, and lightly season with salt and pepper if desired.

Butter, optional
Salt and pepper

6. Over **high heat**, bring the cooking liquid to a boil, and cook until the amount of liquid is reduced by half (about **10 minutes**). Serve.

MENU IDEAS & Alternate Cabbage, Carrot, & Potato Recipes:

[Irish Soda Bread in a Skillet](#) or [Buttermilk Biscuits](#)

[Irish Soda Bread, Classic & Variations \(Cook's, Mar 1997\)](#)

[Quick-Cooked Carrots with Butter and Parsley](#) ✓

[Creamy Mashed Potatoes, Sass \(PC\)](#) ✓

[Pressure-Steamed Cabbage, Brickery Style \(PC\)](#) ✓

[Steam-Sautéed Cabbage with Butter and Caraway \(4\)](#)

IDEAS FOR LEFTOVERS.

Reuben sandwiches, defatted broth as soup stock....

TIMING CHART for PRESSURE COOKER — See also: Pressure Cooker Time Charts 2									
	1.5 to 2 lbs	2 to 3 lbs	3 to 4 lbs	3.25 lbs AP	3.4 lbs AP	3.5 trimmed	3.93 lbs AP 3.8 trimmed	4.4 lbs AP	6.5 lbs AP
Sass	45 min	45–55 min	55–60 min						
Wein-stein			50 min						
Rita	8-qt Kuhn-Rikon			46 min (VG)	50 - Next 48 min		50 min (VG)	50 min (VG)	
Rick	6-qt Instant Pot					50 min (VG)			50 min (VG)

03/2019 RG notes

Had to cut meat into 4 pieces
 25 minutes to come up to pressure
 35 minutes for Natural release

05/2020 RG notes

Had to cut meat into 4 pieces
 25 minutes to come up to pressure
 35 minutes for Natural release

TO COOK IN A DUTCH OVEN:

1. **RINSE** corned beef under cold water, and pat as dry as possible.

IN A DUTCH OVEN or *large, cast-iron skillet on stovetop*
 or

side burner of a grill (use a *spatter guard*) over **high heat**, heat oil; brown corned beef well on both sides.

OR GRILL meat over **direct/ high heat** until all sides are richly browned. Continue with recipe above.

Canola oil
The well-dried corned beef

Corned Beef and Cabbage in Guinness (Pressure Cooker)

Recipe Rating: 10.

Notes

Makes 8 to 10 servings. “The Irish butcher at my market gave me a new (to me anyway) recipe for corned beef & cabbage; he told me to cook it in Guinness **Draught**. Since everyone raved about it, I thought I'd share the recipe he gave me.” – by Dee514

REVIEW (see also below): March 2005 - The meat turned out delicious. Browning the meat is a very important step. The problem is really the sauce reduction. It looked gorgeous, brown, and thick. We thought it would be perfect, but the sauce was so salty it was inedible. The veggies and meat did not taste salty. I'd certainly make this again, but just remember to taste the sauce before serving. **Solution: Soak the meat to reduce the salt.**

Total Time: 3 hrs 50 mins

Prep Time: 20 mins

Cook Time: 3 hrs 30 mins



4 lbs flat cut corned beef brisket

1 (12 ounce) bottle Guinness draught (make sure you use Guinness draught, not stout as stout will turn the broth bitter!)

1 medium yellow onion, peeled and cut into wedges

3 garlic cloves, minced

1 bay leaf

1/4 teaspoon ground cinnamon

1/8-1/4 teaspoon ground cloves (to taste)

1/4 teaspoon ground allspice

1/4 teaspoon ground black pepper

1 head cabbage, cut into wedges, rinsed and drained

6 medium white potatoes, peeled and quartered

1-2 lb carrot, peeled and cut into 3-inch pieces

1. Rinse corned beef under cold water, and pat dry. Soak for at least 24 hours in cold water. Change the water occasionally.
2. In a Dutch oven, or other large pot with a cover, brown corned beef well on all sides over high heat.
3. Pour Guinness over the meat, and add enough water to just cover the brisket.
4. Add the onion, garlic, bay leaf, cinnamon, cloves, allspice, and pepper to the pot.
5. Bring pot to a boil and skim off any foam.
6. Reduce heat to a simmer. Cover pot and simmer for 3 hours.
7. Add carrots, then potatoes, and then the cabbage wedges to the pot.
8. Cover pot, and continue cooking until meat and vegetables are tender (about 20-30 minutes).
9. Remove meat and vegetables to warm serving platter/dishes, leaving the cooking liquid/sauce in the pot.
10. Over high heat, bring the cooking liquid to a boil, and cook until the amount of liquid is reduced by half (about 10 minutes).
11. Slice the corned beef; serve with the vegetables and the sauce on the side.
12. Note: Corned beef should **always be sliced across the grain.**