

Corned Beef: A seasonal favorite

Corned Beef Noodle Casserole with Spinach and Cheese

- 8 oz. medium egg noodles
- 4 T. butter, divided
- 1 c. chopped onion
- 2 1/2 to 3 cups diced corned beef, about 12 oz.
- 16 oz chopped frozen spinach, thawed,
excess water squeezed out
- 3 T. all-purpose flour
- 1 c. chicken broth
- 1 c. milk
- 1/8 tsp black pepper
- 1/4 tsp dried leaf thyme
- 2 c. shredded sharp cheddar cheese
- 1/2 tsp. salt
- 1/2 to 1 c. French-fried onion rings or
buttered bread crumbs (opt.)

Using a large saucepan or stockpot, cook noodles following package directions; drain well. Put noodles back in the pot and set aside.

In a medium saucepan, melt 2 T. of butter over medium-low heat; cook onion for two minutes. Add corned beef and cook until lightly browned. With a slotted spoon, transfer beef mixture to the pot with noodles. Add the squeezed spinach to the pot and set aside.

In the same medium saucepan, melt remaining two tablespoons butter over medium-low heat; stir in flour until well blended and bubbly. Stir in chicken broth and milk. Cook, stirring constantly, until thickened and bubbly. Add pepper and thyme. Stir in the cheese, cooking until melted. Add salt to taste. Pour sauce over the noodle and corned beef mixture; stir until well blended. Spoon the noodle mixture into prepared baking pan. If desired, top with crumbled French friend onion rings or buttered breadcrumbs. Bake for 30 minutes, or until hot and lightly browned.

Marilynn and Sheila Brass call themselves the “Queens of Comfort,” comfort *food*, that is. Their delightful collection of heirloom recipes includes two suggestions for preparing corned beef. If you like homespun traditional recipes — the kind that get passed down through the generations scribbled on random scraps of paper — their cookbooks are worth a look.



Corned Beef Hash

*from Heirloom Cooking
with the Brass Sisters*

- 2 c. chopped corned beef
- 1 c. chopped cooked potato
- 1/4 c. minced onion
- 1/2 tsp. salt
- 1/4 tsp coarsely ground black pepper
- 1/4 c. low sodium beef stock, heavy cream or water
- 1 T. butter, softened to room temperature
- 1 T. extra-virgin olive oil
- 1 T. chopped fresh parsley

Place corned beef, potato, onion, salt and pepper in a bowl. Add beef stock, cream or water. Mix gently with wooden spoon to combine and set aside.

Heat butter and oil in a 10-inch frying pan over low heat and swirl to coat bottom of pan. Add corned beef mixture and flatten with a spatula. Cook until bottom of hash is crispy. Cut hash into sections to make flipping easier. Flip over with spatula. Press gently with spatula and cook until bottom is crispy. Turn hash onto serving dish; sprinkle with parsley.



Glazed Corned Beef

from Heirloom Cooking with the Brass Sisters

- 3 to 4 lbs. corned beef brisket
- 1 orange, sliced
- 2 large onions, quartered
- 3 stalks celery, cut in 1-inch pieces
- 2 cloves garlic, quartered
- 1 tsp. dill seeds
- 3 sprigs fresh rosemary (or 1/2 tsp. dried)
- 6 whole cloves
- 1 bay leaf
- 3-inch stick cinnamon (or 1/2 tsp. cinnamon)

For Glaze:

- 3/4 c. maple syrup
- 3 T. prepared mustard
- 1/2 tsp. coarsely ground black pepper

To make the corned beef: Coat an ovenproof baking dish with vegetable spray. Rinse corned beef under cold running water and pat dry with paper towels. Place corned beef in a large heavy pot. Add cold water to cover. Add orange slices, onion, celery, garlic, dill seeds, rosemary, cloves, bay leaf and cinnamon. Add cold water to cover. Stir until spices are evenly distributed. Cover pot and bring to simmer over medium heat; do not boil. Simmer, covered, stirring occasionally, until a fork penetrates meat easily, approx. 3 to 4 hours (about one hour per pound of meat.) Remove corned beef from pot and place, fatty side up, on prepared baking dish. Set aside.

To make the glaze: Place maple syrup, mustard and pepper in a heavy bottomed saucepan and whisk to combine. Cook over medium heat, stirring with a wooden spoon, until glaze comes to a boil. Reduce heat and continue stirring until glaze reduces and thickens, approximately 3 minutes.

Preheat oven to 375 degrees F. Brush half of glaze over corned beef. Bake 8 minutes. Turn corned beef fatty side down, brush with remaining glaze, and return to oven to bake 8 minutes more. Remove to a serving platter and allow to rest 10 minutes before slicing. Cut against the grain to prevent slices from falling apart. Cover leftovers with plastic wrap and store in the refrigerator.

Did you know? ... Americans make up only 5% of the world's population but consume 15% of the world's meat.