

Menu Du Jour

08 Feb 2004

Corned Beef with Honey-Mustard Glaze

Caraway Brussels Sprouts

Boiled Potatoes

Corned Beef with Honey-Mustard Glaze

Corned beef and cabbage was a traditional dish served for Easter Sunday not St. Patrick's Day dinner in rural Ireland. The beef, which was salted with "corns" of coarse salt to preserve it, could then be eaten after the long, meatless Lenten fast. Today, corned beef is a beef brisket that has been pickled in a brine solution. It requires long, moist cooking to make it tender. This recipe adds another step, a honey-mustard glaze, to enhance the meat's flavor.

1 (4-pound) corned beef
1 tablespoon pickling spice
2 yellow onions, chopped
2 ribs celery, chopped
2 carrots, peeled and chopped
1 teaspoon yellow mustard seeds
10 cloves
4 cloves garlic, peeled and crushed
3 tablespoons grainy Dijon-style mustard
1/4 cup clover honey

Add pickling spice, onions, celery, carrots, mustard seed, cloves, and garlic to a large stock pot. Add the corned beef and fill with cold water to cover. Bring to a boil over high heat. Reduce heat, cover, and simmer for 3 1/2 hours or until tender.

Prepare the glaze by mixing the mustard with the honey.

Remove corned beef from stockpot and dry with paper towels. Remove any remaining fat cap. (Brisket may be prepared to this point one day ahead and stored, refrigerated and covered. If refrigerated, bring beef to room temperature before proceeding.)

Place brisket in an ovenproof casserole dish and coat with glaze. Bake in a preheated 350° F. oven for about 30 minutes or until glaze is slightly crusty. Remove from oven and allow corned beef to rest for 10 minutes before carving.

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Caraway Brussels Sprouts

Instead of the traditional boiled cabbage to accompany the corned beef, try using Brussels sprout for a different taste combination. Similar to cabbage in taste, Brussels sprouts have a slightly milder flavor and denser texture. Named after the capital of Belgium, where they may have first been cultivated, Brussels sprouts look like heads of baby cabbage.

1/2 pound Brussels sprouts
1 tablespoon unsalted butter
1 tablespoon caraway seeds
Kosher salt and black pepper, to taste

Trim the stem ends not quite flush with the bottoms of the sprouts or the outer leaves will fall off during cooking. Cut an X in the base of each sprout.

For each cup of Brussels sprouts, add one cup of water into a medium saucepan. Bring the water to a rapid boil, add the sprouts, and quickly return the water to a boil. Cook the sprouts uncovered just until tender, about seven to 10 minutes. Drain well and return them to the warm pot, and shake for a few seconds until dry. Add one tablespoon butter and caraway seeds. Cook until butter melts. Season to taste with salt and pepper.

Boiled Potatoes

Use new potatoes, fingerling, round white or round red potatoes for this side dish. Estimate three or four potatoes per person. Be sure not to overcook the potatoes or they will become mushy.

8 new potatoes
1 teaspoon kosher salt
1 tablespoon unsalted butter
Kosher salt and black pepper to taste
1 tablespoon chopped fresh parsley

Scrub potatoes but leave skins on. Add potatoes to a medium saucepan and cover with cold water. Add 1 teaspoon kosher salt. Bring water to a boil and cook potatoes, uncovered, for 10 to 15 minutes or until tender.

Drain well and return potatoes to warm pan. Add butter and season to taste with salt and pepper. Cook until butter melts. Sprinkle potatoes with parsley and serve.

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Plate Presentation

