

Chef from the Hood Recipes



Chef:

Chef Dan Berman, Pacific Market's Culinary Director

Recipe:

Pacific Market Corned Beef Boil



Pacific Market Meatman Scott Becklund says...

"Curious about Irish food? In Ireland, just like here in Sonoma County, a renewed 'faith in the land' has created a buzz for old methods of farming. Farmstead artisan cheeses; free range cattle and aquaculture is of great interest to the Irish. This week in the meat department, we're brining choice cuts of beef in my own blend of spices. Our brined beef is a perfect choice if you are seeking a low salt, low-fat alternative to traditional brined brisket. Try it on the barbeque! At all three Pacific Markets, we'll also celebrate St. Patrick's Day with a traditional feast cooked by our chefs. It's hot and ready for you to take home and enjoy. We also have imported Irish Cheddars, soda bread and beer. A St. Patrick's Day toast to the Associated Craft Butchers of Ireland and to all of our wonderful customers!"

Pacific Market Corned Beef Boil

A big bowl of corned beef is comfort food, especially when it includes carrots, potatoes and cabbage. Some also like mustard (pot o' gold) or horseradish, for a bit o' heaven and hell on the side. Our soda bread, with an imported Irish Cheddar, Irish churned butter and a pint of beer will help you get your Irish on!

To Prepare:

Rinse a Pacific Market corned (brined) beef under tap water. (We will help choose a size based on servings).

Place in large pot and cover generously with cold water.

Add 1/4 to 1/2 of a jar of pickling spice.

Bring pot to a boil, then reduce to simmer.

Simmer for about 1 hour per pound minimum.

(A crock pot is a great way to simmer all day.)

Corned beef is ready if when pierced with a fork, you can turn fork around easily.

An hour before serving:

Add 2 medium scrubbed potatoes, 3 cut carrots & 1/4 of a head of cabbage per serving (Carrots/potatoes should go in 45 minutes to an hour before serving, cabbage 30 minutes or so before serving). If your pot is too small, take some broth from the beef pot, add a bit of water if needed and steam vegetables in a second covered pot.

San Francisco Style Corned Beef

Add 22 ounces of Anchor Steam Beer to a corned beef while it simmers.

Vermont Style Corned Beef

Stud a boiled, drained corned beef brisket with whole cloves spaced about 1 inch apart. Cover the studded brisket with Coombs Family Farms Organic Maple Syrup. Bake in a 375° oven about 20 minutes to give it a nice golden glaze.

California Style Corned Beef

Barbeque a drained boiled brisket, turning to give it some good grill marks. This intensifies flavor and makes a perfect corned beef to slice for sandwiches. Great with our La Brea Sourdough and imported Dubliner White Cheddar!

ROHNERT PARK
IN MOUNTAIN
SHADOWS CENTER
901 Golf Course Drive
707.585.9643

SANTA ROSA
AT PACIFIC & BRYDEN
1465 Town & Country Dr.
707.546.FOOD

SEBASTOPOL
ON HWY. 116
550 Gravenstein Hwy. No.
707.823.4916