

March 2023 TV —Irish Inspired Beef Recipes

With Irish-inspired recipes and Corned Beef recipes this good, there's no reason to wait for St. Patrick's Day. Make the classics with cabbage and potatoes or use it to make a Reuben or Corned Beef Hash, the possibilities are endless.

Corned Beef with Red Currant-Mustard Sauce

Let your slow cooker do all the work for this complete meal of beer-braised Corned Beef with fresh cabbage and red potatoes. It's a great dish for your next celebration.

Total Recipe Time: 7 hours on HIGH; 10 hours on LOW

Makes 8 servings

- 1 Corned Beef Brisket Boneless with seasoning packet (2-1/2 to 3 pounds)
- 3 ribs celery, cut into 3-inch pieces
- 2 medium onions, cut into quarters
- 2-1/2 cups water, divided
- 1 bottle (12 ounces) beer
- 1 pound green cabbage, cut into thin wedges
- 1 pound red-skinned potatoes, cut into 2-inch pieces
- 6 to 8 baby carrots, trimmed or 4 medium carrots, cut crosswise into 1-inch pieces
- 2 tablespoons butter, melted
- Chopped fresh parsley (optional)

Red Currant-Mustard Sauce:

- 1 jar (12 ounces) red currant jelly
- 3 tablespoons country Dijon-style mustard



1. Place celery and onions in 4-1/2- to 5-1/2-quart slow cooker; top with corned beef brisket. Sprinkle contents of seasoning packet over brisket. Add 2 cups water and beer. Cover and cook on HIGH 6 to 7 hours or on LOW 9 to 10 hours or until brisket is fork-tender. (No stirring is necessary during cooking.)

Cook's Tip: To cook on range-top, place corned beef in stockpot; sprinkle with contents of seasoning packet. Add celery, onions, 2 cups water and beer. Bring just to a simmer; do not boil. Cover tightly; simmer 2-1/2 to 3 hours or until brisket is fork-tender. Prepare vegetables and sauce as directed.

2. Meanwhile, place cabbage, potatoes and carrots in 2-1/2 quart microwave-safe dish; add remaining 1/2 cup water. Cover; microwave on HIGH 15 to 18 minutes or until vegetables are tender, stirring or rearranging once. Drain; remove and discard cores from cabbage wedges. Add butter; season with salt and pepper, as desired. Toss to coat; keep warm.

Cook's Tip: To prevent cabbage wedges from falling apart during cooking, leave core intact while cutting wedges. Remove and discard core before serving.

3. Prepare Red Currant-Mustard Sauce. Place jelly in medium microwave-safe bowl. Cover; microwave on HIGH 1-1/2 to 2 minutes or until melted, stirring once. Whisk in mustard. Cover; microwave on HIGH 30 seconds. Stir; keep warm.

Cook's Tip: You may substitute red raspberry jelly for red currant jelly.

4. Remove brisket and carve diagonally across the grain into thin slices. Serve with vegetables and sauce. Garnish with parsley, if desired.

ALTERNATE COOKING METHOD: This recipe can be made in a 6-quart electric pressure cooker. Place Corned Beef Brisket, celery, onions and 1/2 cup beer in pressure cooker. Close and lock pressure cooker lid. Use meat or high-pressure setting on pressure cooker; program 70 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Continue as directed in step 2. (This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer's instructions.)

Nutrition information per serving, 1/6 of recipe: 574 Calories; 216 Calories from fat; 24g Total Fat (9 g Saturated Fat; 11 g Monounsaturated Fat;) 114 mg Cholesterol; 1462 mg Sodium; 63 g Total Carbohydrate; 4.5 g Dietary Fiber; 23 g Protein; 3.1 mg Iron; 4.5 mg NE Niacin; 0.5 mg Vitamin B₆; 1.8 mcg Vitamin B₁₂; 5.2 mg Zinc; 35.9 mcg Selenium; 95.8 mg Choline.

Corned Beef with Apple-Onion Sauté

This tasty combination of sautéed apples and onions is the perfect pairing for Corned Beef Brisket.

Total Recipe Time: 3 hours 30 minutes

Makes 8 servings

- 1 Corned Beef Brisket Boneless with seasoning packet (2-1/2 to 3-1/2 pounds)
- 1 large onion, coarsely chopped
- 5 cloves garlic, coarsely chopped
- 1-1/2 cups apple cider or apple juice

Apple-Onion Sauté:

- 3 tablespoons butter, divided
- 2 medium onions, cut into thin wedges
- 1 medium Granny Smith apple, cut into 1/4-inch slices
- 1 medium McIntosh apple, cut into 1/4-inch slices
- 1 medium Golden Delicious apple, cut into 1/4-inch slices
- 1/2 cup apple cider or apple juice
- 1 tablespoon brown sugar
- 1/2 teaspoon dried thyme leaves



1. Heat oven to 350°F. Place Corned Beef Brisket in roasting pan; place coarsely chopped onion and garlic around brisket. Sprinkle contents of seasoning packet over brisket. Add 1-1/2 cups cider; cover tightly with aluminum foil. Braise in 350°F oven 2-1/2 to 3-1/2 hours or until brisket is fork-tender.
2. Meanwhile, prepare Apple-Onion Sauté. Melt 2 tablespoons butter in large nonstick skillet over medium heat. Add onion wedges; cook 13 to 15 minutes or until onions are lightly brown, stirring occasionally. Add apples, remaining 1 tablespoon butter, cider, brown sugar and thyme; cook and stir 6 to 8 minutes or until apples are crisp-tender.
3. Carve brisket diagonally across the grain into thin slices. Serve with Apple-Onion Sauté.

***Nutrition information per serving, 1/6 of recipe:** 375 Calories; 198 Calories from fat; 22g Total Fat (9 g Saturated Fat; 9 g Monounsaturated Fat;) 98 mg Cholesterol; 977 mg Sodium; 28 g Total Carbohydrate; 2.6 g Dietary Fiber; 16 g Protein; 1.9 mg Iron; 2.7 mg NE Niacin; 0.3 mg Vitamin B₆; 1.4 mcg Vitamin B₁₂; 4 mg Zinc; 28.3 mcg Selenium. This recipe is an excellent source of Protein, Vitamin B₁₂, Zinc, and Selenium; and a good source of Iron, Niacin, and Vitamin B₆.*

Corned Beef and Pickle Dip

This Corned Beef recipe is delicious as a sandwich spread or a dip for vegetables.

Total Recipe Time: 5 minutes

Makes 4 servings

- 12 ounces pre-cooked Boneless Corned beef Brisket, cold, diced
- 1-1/2 cups diced dill pickles
- 1 cup mayonnaise



1. Place Corned Beef Brisket in food processor bowl. Pulse on and off until beef becomes crumbly in texture. Add pickles and mayonnaise; pulse 5 times to combine. Cover and refrigerate until ready to use.
Cook's Tip: 12 ounces of diced, cold beef pot roast or shredded beef may be substituted for corned beef brisket.
2. Use spread for sandwiches, crostini or serve as a dip with vegetables and crackers.

***Nutrition information per serving:** 595 Calories; 522 Calories from fat; 58g Total Fat (11.9 g Saturated Fat; 0.1 g Trans Fat; 25.3 g Polyunsaturated Fat; 17.1 g Monounsaturated Fat;) 107 mg Cholesterol; 1612 mg Sodium; 2 g Total Carbohydrate; 0.5 g Dietary Fiber; 16.3 g Protein; 1.8 mg Iron; 197.1 mg Potassium; 2.6 mg NE Niacin; 0.2 mg Vitamin B₆; 1.5 mcg Vitamin B₁₂; 4 mg Zinc; 29.2 mcg Selenium; 79.6 mg Choline. This recipe is an excellent source of Protein, Vitamin B₁₂, Zinc, and Selenium; and a good source of Iron, Niacin, Vitamin B₆, and Choline.*

Irish Beef & Beer Stew

This classic pairing can transport you to Ireland. Slow roasted beef and vegetables are cooked in a rich, dark beer.

Total Recipe Time: 4 hours

Makes 5 servings

- 2 pounds beef Chuck Roast, cut into 1-inch cubes
- 2 teaspoons vegetable oil
- 1 onion, diced
- 1/2 pound button mushrooms, sliced
- 2 teaspoons minced garlic
- 1-12 ounce can dark beer
- 1 parsnip, diced
- 1 turnip, diced
- 1 pound red-skinned potatoes, diced
- 1 tablespoon tomato paste
- 1 teaspoon kosher salt
- 1 teaspoon freshly ground black pepper
- 2 teaspoon dried thyme leaves
- 3 cups beef stock



1. Season beef Chuck Roast cubes with salt and black pepper to taste. Heat oil in a large stockpot over high heat. Sear cubes until brown, about 5 to 6 minutes. Remove cubes from pan and set aside.
2. Turn heat down to medium; add onions, mushrooms, and garlic to the pot and cook until lightly browned, about 4 to 5 minutes.
3. Pour beer into the pot and stir, scraping up and dissolving any browned bits of food into the liquid. Stir in tomato paste, thyme, turnips, parsnips, potatoes, salt and pepper. Add back in beef cubes and add enough beef broth to cover all ingredients, about 3 cups.
4. Bring stew to a gentle simmer, stirring to combine; reduce heat to low and cover pot. Simmer stew until beef is fork-tender, about 2 hours, stirring occasionally.
5. Remove cover and raise heat to medium-high. Bring stew to a low boil and cook until stew has slightly thickened, 5 to 6 minutes. Remove from heat and adjust salt and pepper to taste. Garnish with parsley, if desired.

Nutrition information per serving, 1.5 cups: 469 Calories; 162 Calories from fat; 18g Total Fat (6.4 g Saturated Fat; 0.2 g Trans Fat; 1.4 g Polyunsaturated Fat; 7.6 g Monounsaturated Fat;) 125 mg Cholesterol; 833 mg Sodium; 29.5 g Total Carbohydrate; 4.6 g Dietary Fiber; 6.6 g Total Sugars; 43 g Protein; 63 mg Calcium; 6.4 mg Iron; 1110 mg Potassium; 0.3 mcg Vitamin D; 0.6 mg Riboflavin; 11 mg NE Niacin; 0.7 mg Vitamin B₆; 2.9 mcg Vitamin B₁₂; 413 mg Phosphorus; 13 mg Zinc; 37.4 mcg Selenium; 168.5 mg Choline.

St. Pat's Beef Pot Pie

Tender Flat Iron Steaks are quickly cooked in a skillet before joining mushrooms, carrots and peas in a savory gravy. The pie gets topped with flaky dough for a satisfying meal.

Total Recipe Time: 45 minutes

Makes 6 servings

- 1-1/2 pounds beef Flat Iron Steaks
- 8 ounces sliced cremini mushrooms
- 1-1/2 cups frozen crinkle-cut carrots
- 1-1/2 cups frozen peas
- 2 teaspoons chopped fresh thyme, divided
- 1 teaspoon minced garlic, divided
- 3 tablespoons cornstarch
- 1 can (14-1/4 ounces) beef broth
- 1 refrigerated pie crust (1/2 of a 15-ounce package)



1. Heat oven to 425°F. Cut beef Flat Iron Steaks lengthwise in half, then crosswise into 1/4-inch thick strips. Spray large nonstick skillet with nonstick cooking spray. Heat over medium-high heat until hot. Add mushrooms; cook and stir 3 minutes. Add carrots, peas, 1 teaspoon thyme and 1/2 teaspoon garlic; cook and stir an additional 3 to 4 minutes or until carrots and peas are defrosted. Remove from skillet; set aside.
2. In same skillet, add 1/2 of beef; cook and stir 1 to 2 minutes or until outside surface of beef is no longer pink. Season with salt and pepper, as desired. Remove from skillet with slotted spoon; set aside. Repeat with remaining beef.
3. Dissolve cornstarch into beef broth; add to skillet. Bring to a boil; cook and stir about 1 minute or until sauce is slightly thickened and any browned bits on bottom of skillet are dissolved. Return vegetables and beef to pan; stir to combine.

***Cook's Tip:** For a richer-flavored sauce, remove skillet from stovetop and add 1/4 cup Irish whiskey to skillet. Return skillet to heat; add the beef broth mixture. Cook and stir about 1 to 2 minutes or until any browned bits on bottom of skillet are dissolved.*

4. Place beef mixture in 2-inch deep, 9-inch pie plate or similar sized round baking dish. Unroll pie crust on flat surface, pressing out lines with fingers, if necessary. Place crust over beef mixture allowing edges to drape over pie plate. Sprinkle remaining 1 teaspoon thyme and 1/2 teaspoon garlic evenly onto top of crust. Place pie plate on 15-1/2 x 10-1/2 x 1-inch jelly-roll pan. Bake in 425°F oven 16 to 18 minutes or until crust is golden. Remove from oven to wire rack; let cool 5 to 10 minutes before serving.

Nutrition information per serving: 402 Calories; 162 Calories from fat; 18g Total Fat (58 mg Cholesterol; 490 mg Sodium; 31 g Total Carbohydrate; 27 g Protein; 3.5 mg Iron; 5.8 mg NE Niacin; 0.5 mg Vitamin B₆; 3 mcg Vitamin B₁₂; 8.2 mg Zinc. This recipe is an excellent source of Protein, Niacin, Vitamin B₆, Vitamin B₁₂, and Zinc; and a good source of Iron.

Reuben Bites

A short stack of subtly spicy Corned Beef topped with Swiss, kraut and Thousand Island. All the big tastes of a classic Reuben sandwich in an appetizer.

Total Recipe Time: 40 minutes

Makes 8 servings

- 12 ounces thinly sliced deli Corned Beef Brisket
- 1/2 cup Thousand Island dressing, divided
- 8 slices rye, swirl rye or pumpernickel bread
- 4 slices Swiss cheese (about 3/4 ounce each)
- 1 cup drained sauerkraut



1. Preheat oven to 425°F. Spread 2 teaspoons dressing on each bread slice; cut slices into quarters. Place bread pieces in a single layer on 2 baking sheets. Bake 9 to 11 minutes or until bread is lightly toasted, rotating baking sheets half way through baking.
2. Meanwhile, cut cheese slices into quarters; cut each quarter diagonally in half to form 32 triangles. Top bread pieces evenly with Corned Beef, cheese slices and sauerkraut.
3. Heat appetizers in 425°F oven 3 to 5 minutes or until cheese is melted. Top evenly with remaining dressing.

Nutrition information per serving: 262 Calories; 126.9 Calories from fat; 14.1g Total Fat (4.7 g Saturated Fat; 0.1 g Trans Fat; 3.4 g Polyunsaturated Fat; 4.3 g Monounsaturated Fat;) 48 mg Cholesterol; 840 mg Sodium; 19 g Total Carbohydrate; 0.5 g Dietary Fiber; 4 g Total Sugars; 16 g Protein; 0 g Added Sugars; 156 mg Calcium; 2.5 mg Iron; 111 mg Potassium; 0 mcg Vitamin D; 0.2 mg Riboflavin; 1.3 mg NE Niacin; 0.1 mg Vitamin B₆; 0.4 mcg Vitamin B₁₂; 128 mg Phosphorus; 1.1 mg Zinc; 14.4 mcg Selenium; 9.4 mg Choline.

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