



Corned Beef

Recipe Book

**Ranch-Inspired
Flavors and Foods**



People eat brisket all around the world, from eastern Europe all the way to the western United States. It's cooked differently everywhere, but in the United States, brisket gained fame as Texas barbecue. Surprisingly though many Jewish families in Central and Eastern European ate brisket as far back as the 1700s, especially during food related gatherings like Passover. During the mid to late 1800s, a lot of Germans and Czechs, many of them Jewish, emigrated to the United States, some making their way to the state of Texas. Immigrants and local ranchers started exchanging ideas for how to smoke brisket and because of this, smoked brisket became a staple of Texas BBQ.

Brisket is a cut of beef that comes from the lower pectoral muscles of a cow. This cut consists of two muscles that overlap which are the "flat" which is the thinner part, and the "point" which is the thicker and fattier section of the brisket. Because brisket comes from an area that is well-exercised, it makes for a tougher piece of meat, full of connective tissue. It can also be a rather large cut of meat, with a full brisket between 10 and 14 pounds. Therefore, it's best suited towards a low and slow cooking process.

There are many different ways to serve brisket and they are all amazing when it comes to taste! Smoked brisket is a favorite in the Southern States of the American Southwest.

Corned beef and cabbage is tradition on St. Patrick's Day. Corned beef has a long and illustrious history, dating back hundreds of years in Ireland. Here in the U.S., Irish immigrants began purchasing meat from local kosher butcher shops, including corned beef as we know it today.

We love a good corned beef, but don't love how salty it can be. Traditional corned beef is brined for several days, resulting in a pretty salty piece of meat. We've found these recipes to create a fun St. Patrick's Day meal without the salt! Check out our recipes below, and if you're not a fan of corned beef and cabbage, try our Beer and Beef Stew for a hearty dish to warm your heart!


www.CarsonValleyMeats.com/shop/



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Instant Pot Beef Brisket and Cabbage

Ingredients

2 pounds Sinclair Family Farm beef brisket (1.5 inches in thickness)	1 tsp. coriander seeds
4 cups cold water	½ tsp. whole allspice
1 medium onion, quartered	3 whole cloves
4 garlic cloves, crushed	3 bay leaves
1 tsp. yellow mustard seeds	½ tsp. ground ginger (optional)
1 tsp. whole black peppercorns	6 carrots, peeled & cut to 2.5 inches in length
	4 red potatoes, quartered
	1 cabbage, cut into 8 wedges

Method

1. Rinse beef brisket under cold water - be sure to rinse well.
2. Add rinsed brisket, quartered onion, 4 crushed garlic cloves, spices, and 4 cups cold water in Instant Pot pressure cooker.
3. With Venting Knob in Venting Position, close the lid, then turn Venting Knob to Sealing Position. Pressure cook at High Pressure for 70 minutes + Natural Release (15 minutes).
4. If the floating valve doesn't drop after 15 minutes, release the remaining pressure by turning the venting knob from sealing position to venting position. Open lid carefully.
5. Pressure Cook Vegetables: While the Instant Pot is natural releasing, prepare the vegetables as described.
6. Set aside cooked beef and 3 cups of the hot liquid in a large serving bowl (there should be about 1.5 - 2 cups of liquid left in Instant Pot). Add quartered red potatoes, carrots, and cabbage wedges in Instant Pot.
7. With Venting Knob in Venting Position, close the lid, then turn Venting Knob to Sealing Position. Pressure cook at High Pressure for 2 - 3 minutes and Quick Release the steam. Open the lid carefully.
8. On a chopping board, cut against the grain into ⅛ inch slices. Remove bay leaves and serve with cabbage wedges, red potatoes, and carrots.

Adapted From Pressure Cook Recipes

Crock Pot

Beef Brisket

Ingredients

3 lbs. raw **Sinclair Family Farm** beef brisket
2 tbsp. light brown sugar
5 cloves garlic peeled and halved lengthwise
2 cups **Alibi Ale Works** IPA or **Guinness** beer
1 lb. baby potatoes
6 large carrots
Chopped fresh parsley for garnish

Method

1. Place beef brisket into the slow cooker and season it with the spices.
2. Sprinkle with sugar; add garlic and pour beer around it. Cover and cook on LOW for 4 to 5 hours.
3. Remove lid and add carrots and potatoes; cover and continue to cook for 2 to 3 more hours, or until tender. Beef brisket is cooked through when internal temperature registers at 145°F. Use an instant read thermometer for accurate results.
4. Take the beef brisket out of the slow cooker and transfer to a cutting board; let stand for 15 minutes before cutting.
5. Thinly slice the brisket against the grain. Remove bay leaves and serve with carrots and potatoes and garnish with parsley.
6. If brisket is not browned on top, or if you like a bit more browning, put it under a broiler for 2 to 3 minutes, or until browned to your liking.

Adapted From Diethood





Slow Cooker

Beef Brisket and Cabbage

Ingredients

3 to 4 lb. **Sinclair Family Farm** beef brisket
4 cups low sodium beef broth
2 bay leaves
1 lb. baby carrots
2 lbs. baby potatoes, red and gold
½ head cabbage, chopped

Method

1. Remove the beef brisket from packaging and place in the bottom of the slow cooker. Cover with beef broth (or water for a milder flavor) and spices and top with 2 bay leaves. Cover and cook on LOW heat for 5 hours.
2. Add in potatoes and carrots around brisket and continue cooking on LOW heat for 3 more hours.
3. Finally, add in the chopped cabbage on top, cover and continue cooking for an additional 30 minutes on LOW heat.
4. Use tongs and a slotted spoon to remove cabbage, carrots and potatoes from slow cooker. Remove the brisket and let rest for 5 minutes before slicing. Enjoy!

Adapted From I Wash You Dry

Beer and Beef Stew



Ingredients

- 2-1/2 tbsp. olive oil
- 2-1/2 lbs. **Sinclair Family Farm** boneless beef chuck
- Salt and black pepper, to season beef
- 4 cloves garlic, minced
- 2 yellow onions, chopped
- 7 slices **Sinclair Family Farm** bacon, chopped
- 3 -1/2 tbsp. all-purpose flour
- 14.9 oz can **Alibi Ale Works** IPA or **Guinness** beer
- 5 tbsp. tomato paste
- 3 cups chicken stock
- 4 carrots, peeled and cut into 1/2-1" slices
- 2 celery stalks, cut into 1" pieces
- 1 parsnip, peeled and cut into 1/2" pieces (optional)
- 2 bay leaves
- 1 tsp. dried thyme (or use 3-4 sprigs of fresh thyme)
- 1/4 cup brewed coffee
- 3 dried prunes, chopped - optional - (this is to mitigate any possible bitterness from the Guinness or coffee)
- 8 baby Yukon gold potatoes, cut in half or quarters

Method

1. Use a sharp knife to slice beef chuck into 1 1/2-2" pieces. Pat beef with a paper towel to dry, then season liberally with salt and black pepper. Heat olive oil in a heavy bottomed pot (I love to use my Dutch oven) over HIGH heat.
2. Add beef, in a single layer, to the pot and brown on all sides. Be careful, as the oil may spatter. Remove browned beef to a plate, then repeat with remaining beef.
3. Lower heat to MED, then add chopped onions and garlic. Season with salt, and cook until softened, about 3-4 minutes.
4. Add bacon pieces and cook until browned. Add flour and stir to combine well. Let floured mixture cook 1 minute to remove any raw flour taste.
5. Pour in **Guinness** or **Alibi Aleworks** IPA and stir well to combine and loosen any browned bits from the bottom of the pot. Add tomato paste, chicken stock, carrots, celery, parsnip, bay leaves, thyme and coffee.
6. Return beef to the pot and stir. If needed, add enough water so that the beef and veggies are nearly fully covered.
7. Bring to a bubble, then reduce heat to LOW or so that it's simmering, cover, and simmer for 2 hours.
8. Remove lid, add potatoes and chopped prunes, stir, then simmer Uncovered another 30-40 minutes, until sauce has thickened to a loose gravy consistency, beef is incredibly tender and potatoes are fork tender.
9. If needed, skim residual fat off the surface. Taste, and adjust salt and pepper as needed. Remove bay leaves and serve.

Adapted From the Chunky Chef

Bread and Oil

And to go
with your
dinner,
try these
interesting
pairings!



While dipping bread in oil may have originated in Greece and Italy, it seems to be very popular in the U.S.

Two of our favorites are Chrissi's Farmhouse Bakery's Gardnerville Sourdough and Liberty Food and Wine Exchange's Focaccia Bread.

Now, take these delicious breads, and dip them in Tillie's Nevada Balsamic & Herb Dipping Oil for a fabulous treat. Balsamic vinegar has a spicy kick that balances the rich flavor of meat with a welcome acidity.

Ingredients

Tillie's Nevada Balsamic & Herb Dipping Oil

Chrissi's Farmhouse Bakery Gardnerville Sourdough Bread

Liberty Food and Wine Exchange Focaccia Bread

Coffee and Chocolate



Coffee offers a wide variety of flavor options, from light to dark, bold blends. When it comes to pairing it with brisket though, a dark roast is your best bet because the salty flavors from meat pair well with roasts that are strong in flavor.

Alpen Sierra Certified Organic Dolomiti Blend Dark Roast, a premium sustainable coffee blend that is excellent for espresso preparation. The delicate, nutty-sweet aroma is followed by a smooth cup of almond, citrus and dark chocolate notes, medium body with a tempered acidity, finishing

smooth and round. Pair with Chocolate Shoppe truffles, filled with dark chocolate ganache made with semi-sweet and bittersweet chocolates that are melded together with hot whipping cream, either with liquors or without.

Ingredients

Alpen Sierra Certified Organic Dolomiti Blend Dark Roast
Chocolate Shoppe Truffles

Visit

CarsonValleyMeats.com

to learn more about
our Ranch Boxes
and our efforts
to help preserve
agriculture in the
Carson Valley and
Northern Nevada.

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