



# Instant Pot Beef Brisket and Cabbage

## Ingredients

2 pounds <b>Sinclair Family Farm</b> 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*