

## *U3A Brimbank*

### *Cooking Adventures with Marlene*

#### *Session 23 – Corned Beef*

#### **Corned Beef**

1 x 1kg	corned silverside
4 cups	water
½	leek, sliced thickly
1	onion, sliced thickly
	Pepper to taste

In a slow cooker or pressure cooker place all ingredients into the pot and set according to your cooker.

Slow cooker - 6 to 10 hours

#### **Sweet Potato & Corned Beef Hash**

250g	potatoes (white)
250g	sweet potatoes
1	red onion, finely chopped
1 cup	cooked corned beef, chopped or shredded

Salt, pepper, thyme

Cook your potatoes but make sure you do not over cook. They need to be quite under done. Chop into 1.5 – 2 cm cubes.

Mix all the vegetables together with salt, pepper, thyme leaves and chopped corned beef.

In a large fry pan spray or spread a little oil and heat to med-high. Add your mix and pressing as you cook to get a nice crust underneath. Using a fish slice flip the mix to get the other side crisp.

## **Mustard Parsley Sauce**

60g	butter
50g	plain flour
1 L	beef stock from the cooked beef
1 tbs	English mustard
1 tsp	chicken stock powder
1 cup	chopped parsley

Melt butter in a large bowl on high in the microwave. Add flour and cook out until it starts to bubble. Add stock slowly and whisk as you go. When all the stock is incorporated return to the microwave and cook on high for 1 minute bursts, whisking between each burst, until the sauce thickens. Adjust seasoning with the mustard and stock powder and pepper and add the parsley.

## **Colcannon**

250g	potatoes
Salt & pepper	
¼ cup	corned beef, chopped or shredded
1 cup	green cabbage, shredded
½ cup	milk or cream
1 tbs	butter

Cook potatoes in salted water and dry completely. Heat milk or cream and butter till just melted and add to mashed potatoes. Add shredded cabbage and corned beef. Cook until cabbage is just tender and season with salt and pepper.

## **Corned Beef and Cabbage Soup**

- 2 leeks, chopped
- 2 cloves garlic, minced
- 3 medium carrots, copped
- 1 capsicum, chopped
- 2 cups corned beef, shredded
- 6 cups water, or stock
- 2 bay leaves
- ¼ cup chopped parsley plus extra for garnish
- 1 large potato, peeled and cubed
- 2 cups green cabbage, shredded
- Fresh pepper to taste

Sauté leeks until soft in a little oil over medium low heat. Add garlic and capsicum and sauté about 2-3 minutes. Add corned beef, potatoes, cabbage, bay leaves, parsley and water and bring to the boil. Simmer covered until vegetables are tender. Serve with a sprinkling of chopped parsley.

## **Corned Beef and Cabbage Dip**

- 1 cup green cabbage, coarsely chopped
- 1 x 250g cream cheese, softened
- ½ cup sour cream
- 2 tsp Worcestershire sauce
- 1 tsp fennel seeds
- Salt and pepper to taste
- 2 cups chopped cooked corned beef
- 1 cup shredded Havarti cheese
- ¼ cup grated Parmesan cheese

In a medium bowl beat the cream cheese until smooth. Add sour cream, Worcestershire sauce, fennel seeds, and salt and pepper to taste. Add the chopped cabbage and the corned beef, then stir in the shredded Havarti cheese.

Sprinkle Parmesan cheese just before serving.