

Irish Boiled Dinner



About this Dish

While Irish residents would have considered beef a luxury, Irish immigrants found the meat in high supply when they landed on American soil in the mid-1800s. Living alongside the Jewish communities of Manhattan, Irish Americans soon swapped out traditional ingredients like bacon and potatoes for corned beef, cabbage, and other local vegetables. Nowadays, almost every Irish establishment in the United States serves corned beef and cabbage or an Irish boiled dinner on St. Patrick's Day. This dish also closely resembles the Newfoundland staple, Jig's Dinner, which rose to fame with the hit comic strip, *Bringing Up Father*, featuring two Irish characters.

Ingredients

- ☐ 4 lbs corned beef
- ☐ 1 medium onion
- ☐ 1 bag small red potatoes
- ☐ 1 head cabbage (use half)
- ☐ 4 whole carrots
- ☐ 3 bay leaves
- ☐ Mustard seeds
- ☐ Coriander seeds
- ☐ Parsley

Prep time: 20 minutes
Total time: 4-5 hours
Serves: 4

Try this!

- Add a splash of Guinness to the bottom of the slow cooker for some additional Irish flavor.
- Use your leftover corned beef to make Reuben sandwiches.



1 PREP VEGETABLES

Peel carrots and onion. Chop carrots into large pieces, onions into wedges, and cabbage into strips.



2 PREP SLOW COOKER

Place corned beef, bay leaves, mustard seeds, and coriander seeds into slow cooker.



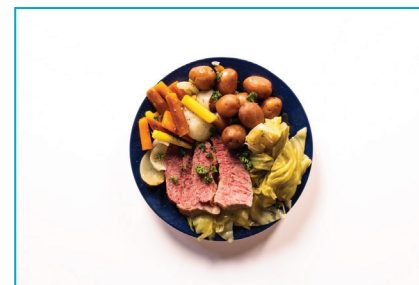
3 ADD VEGETABLES

Next, add carrots, cabbage, onion, and potatoes to slow cooker, layering carrots first. Add salt and pepper.



4 COVER AND COOK

Cook for 4-5 hours on high.



5 PLATE AND GARNISH

Plate! Add salt and pepper to taste and garnish with parsley.



6 FINISH & SERVE

Serve with bread and butter and enjoy!