



Irish Boiled Dinner

3 to 4lb. fresh beef brisket *

2- 12oz.bottles lager beer

Enough water to cover beef

2 bay leaves *

10 peppercorns *

½ cup chopped fresh parsley

2 teaspoons salt *

2 tablespoons butter or olive oil *

3 cloves garlic, minced *

½ yellow onion *

3 to 4 carrots cut up *

4 to 5 red skin potatoes quartered *

1 head of cabbage cut into 6 to 8 wedges *

In a frying pan heat oil or butter, add garlic and onions and sauté for a few minutes.

Place beef in a large pan and fill with water until beef is covered.

Add beer, bay leaves, peppercorns, parsley, salt, and ingredients from frying pan.

Cover and simmer gently for 3½ hours, or until meat is tender.

During the last 25 minutes of cooking, add carrots and potatoes.

In the last 15 minutes add cabbage and salt & pepper.

Serves 4 to 5 people.