

# FOOD FUN

## 4 - H W Y O M I N G

## WELCOME TO MARCH!! MY FAVORITE MONTH BECAUSE OF 4-LEAF CLOVERS!!

This month we have the luck of the Irish with corned beef as the featured item with an advanced version of making your own and the simpler crockpot version.

Dessert is the (in)famous Watergate Salad for green color and easy flavor.

The activity is STEM oriented-create a leprechaun trap as a family or as a challenge. Items needed are paper, tape, craft sticks, etc. and your imagination.

Check our <https://www.happinessishomemade.net/leprechaun-trap-ideas/> for 10 Fun Ideas!!

**Corned beef, bully beef, or salted beef** is a salt-cured brisket of beef. The term comes from the treatment of the meat with large-grained rock salt, also called "corns" of salt. Sometimes, sugar and spices are added to corned beef recipes. Corned beef is featured as an ingredient in many cuisines. Although the exact origin of corned beef is unknown, it most likely came about when people began preserving meat through salt-curing. Evidence of its legacy is apparent in numerous cultures, including ancient Europe and the Middle East.

Tinned corned beef, alongside salt pork and hardtack, was a standard ration for many militaries and navies from the 17th through the early 20th centuries, including World War I and World War II, during which fresh meat was rationed. Corned beef remains popular worldwide as an ingredient in a variety of regional dishes and as a common part in modern field rations of various armed forces around the world.

In the United States and Canada, corned beef is typically available in two forms: a cut of beef (usually

brisket, but sometimes round) cured or pickled in a seasoned brine, or cooked and canned.

Corned beef is often purchased ready to eat in Jewish delicatessens. It is the key ingredient in the grilled Reuben sandwich, consisting of corned beef, Swiss cheese, sauerkraut, and Thousand Island or Russian dressing on rye bread.

Corned beef hashed with potatoes served with eggs is a common breakfast dish in the United States of America.

## Saint Patrick's Day

In the United States, consumption of corned beef is often associated with Saint Patrick's Day. Corned beef is not an Irish national dish, and the connection with Saint Patrick's Day specifically originates as part of Irish-American culture, and is often part of their celebrations in North America.

Corned beef was used as a substitute for bacon by Irish immigrants in the late 19th century. Corned beef and cabbage is the Irish-American variant of the Irish dish of bacon and cabbage.



# Crockpot Corned Beef and Cabbage



**TOTAL TIME: 8 hours, 10 minutes** (Prep: 10 minutes, Cook: 8 hours)

**YIELD: 8 Servings**

Never made corned beef? Not to worry! This Crockpot Corned Beef and Cabbage recipe is so easy, you will wonder why you haven't made it before!



## INGREDIENTS

- \_ 5-6 garlic cloves crushed
- \_ 1 small onion cut into wedges
- \_ 3 cups of water
- \_ 2 TBSP sugar
- \_ 2 TBSP vinegar
- \_ 8 oz apple juice
- \_ 4 lbs corned beef brisket
- \_ 11 lb bag of baby carrots
- \_ 1 lb small red potatoes quartered
- \_ 1 head of green cabbage cut into wedges

**Seasoning (leave this out if you are using the packet that comes with the meat.)**

- \_ ½ tsp mustard seeds
- \_ 2 bay leaves crushed
- \_ 8 Allspice berries
- \_ ½ tsp salt
- \_ ½ tsp pepper

## NUTRITION FACTS

Calories: 531kcal | Carbohydrates: 22g | Protein: 35g | Fat: 34g  
| Saturated Fat: 10g | Cholesterol: 122mg | Sodium: 2968mg |  
Potassium: 1160mg | Fiber: 3g | Sugar: 8g | Vitamin A: 7855IU |  
Vitamin C: 82mg | Calcium: 60mg | Iron: 5mg

## DIRECTIONS

- 1.** First place onion wedges and garlic at the bottom of your crockpot. This is going to act as a stand for your meat, so it doesn't touch the bottom and dry out. Place beef on top of onions and garlic.
- 2.** Next, mix together water, apple juice, sugar and vinegar.
- 3.** Pour over beef and they sprinkle seasoning packet over meat. If you are using my homemade corned beef seasoning packet, simply mix together the mustard seeds, bay leaves, allspice berries, salt and pepper and sprinkle on top of beef.
- 4.** Set crockpot, cover and cook on LOW for 8 hours.
- 5.** After 4 hours of cooking, add in potatoes and carrots. Cover and continue cooking
- 6.** When 1 hour remains, add cabbage to the crockpot. Cover and continue cooking for the remainder of the time.

Source: [www.familyfreshmeals.com](http://www.familyfreshmeals.com)



# Corned Beef from Scratch



**TOTAL TIME: 3 hours, 30 minutes+** (Prep: 30 minutes + Brining, Cook: 3 hours)

**YIELD:** 12 Servings

Have you ever wondered how to make corned beef from scratch? It's easier than you might think! Simply brine a beef brisket with pickling spices, then simmer until juicy and tender.



## INGREDIENTS

- \_ 1 gallon water
- \_ 1½ cups kosher salt
- \_ ½ cup packed brown sugar
- \_ 4 Tbsp. mixed pickling spices, divided
- \_ 4 teaspoons pink curing salt #1
- \_ 4 garlic cloves, minced
- \_ 2 oven roasting bags
- \_ 1 fresh beef brisket (4 to 5 pounds)
- \_ 2 large carrots, chopped
- \_ 2 medium onions, chopped
- \_ 2 celery ribs, chopped

## DIRECTIONS

- 1.** In a large stockpot, combine water, kosher salt, brown sugar, 2 tablespoons pickling spices, pink curing salt and garlic. Bring to a simmer, stirring until salt and sugar are dissolved. Remove from heat; cool to room temperature, then refrigerate until chilled.
- 2.** Place 1 large oven roasting bag inside another. Place brisket inside inner bag; pour in cooled brine. Seal bags, pressing out as much air as possible; turn to coat meat. Refrigerate 10 days, turning occasionally to keep meat coated. Remove brisket from brine; rinse thoroughly. Place in a Dutch oven with water to cover. Add carrots, onions, celery and remaining 2 tablespoons pickling spices. Bring to a boil over high heat. Reduce heat; simmer, covered, adding water if necessary to keep brisket covered, until meat is tender, about 3 hours.
- 3.** Serve warm or cool. Slice brisket thinly and serve in a sandwich or with additional vegetables simmered until tender in cooking liquid.
- 4. To make ahead: Refrigerate meat in cooking liquid for several days; reheat in liquid.**

## NUTRITION FACTS

4 ounces cooked corned beef: 277 calories, 21g fat (7g saturated fat), 108mg cholesterol, 1252mg sodium, 1g carbohydrate (0 sugars, 0 fiber), 20g protein.

Source: [www.tasteofhome.com](http://www.tasteofhome.com)



# Watergate Salad

**TOTAL TIME: 8 hours, 10 minutes** (Prep: 5 minutes, Chill: 1 hour)

**YIELD:** 10 Servings

There is nothing better than Watergate Salad! This simple dump-and-go salad is a classic that makes it's way into every celebration because it's both incredibly delicious and incredibly easy. Whip it together in less than 5 minutes and you're good to go!



## INGREDIENTS

- \_ 3.4 oz pistachio Jell-O instant pudding mix
- \_ 20 oz can crushed pineapple
- \_ 1 cup miniature marshmallows
- \_ ½ cup chopped nuts (choose your favorite)
- \_ 8 oz container Cool Whip

## DIRECTIONS

1. Combine pudding mix, pineapple (with juice), marshmallows and nuts in a large bowl and mix well.
2. Blend in Cool Whip and chill until ready to serve.

## NUTRITION FACTS

Calories: 158kcal | Carbohydrates: 28g | Protein: 1g | Fat: 5g | Saturated Fat: 1g | Cholesterol: 3mg | Sodium: 159mg | Potassium: 120mg | Fiber: 1g | Sugar: 23g | Vitamin A: 70IU | Vitamin C: 5.4mg | Calcium: 40mg | Iron: 0.3mg

Source: [www.momontimeout.com](http://www.momontimeout.com)

