

## Traditional Boiled Corned Beef and Cabbage:

### Ingredients:

- 1 (3-5 pound) corned beef brisket
- 1 onion, peeled and quartered
- 3 carrots, peeled and cut into chunks
- 3-4 potatoes, peeled and quartered
- 1 small head of cabbage, cut into wedges
- 2 bay leaves
- Whole peppercorns
- Water
- Optional: whole cloves, mustard, horseradish for serving

### Instructions:

1. Rinse the corned beef brisket under cold water to remove any excess salt. Place it in a large pot or Dutch oven.
2. Add the onion, carrots, potatoes, bay leaves, and a handful of whole peppercorns to the pot with the corned beef.
3. Fill the pot with enough water to cover the corned beef and vegetables by at least an inch.
4. Bring the water to a boil over high heat, then reduce the heat to low and cover the pot. Let it simmer gently for about 2 ½ to 3 hours, or until the corned beef is tender. Skim off any foam or scum that rises to the surface during cooking.
5. After the corned beef has cooked for about 2 hours, add the cabbage wedges to the pot. Continue simmering until the cabbage is tender, about 30 minutes.
6. Once the corned beef and cabbage are tender, remove them from the pot and transfer them to a serving platter. Allow the meat to rest for a few minutes before slicing it against the grain.
7. Arrange the sliced corned beef, cabbage, carrots, and potatoes on the serving platter. You can also strain some of the cooking liquid and serve it on the side as a broth.
8. Serve the boiled corned beef and cabbage hot, with optional condiments such as mustard or horseradish on the side.

Enjoy this comforting and hearty traditional Irish dish!