



Menu du Jour

20 Feb 05

Cackalacky Corned Beef

Paired with Beaulieu Vineyard Pinot Noir Vin Gris 2001

Roasted Carrots & Onions

Parsley Potatoes

Honey Mustard Sauce

(Serves Four)

Cackalacky Glazed Corned Beef

Corned beef and cabbage was a traditional dish served for Easter Sunday not St. Patrick's Day dinner in rural Ireland. The beef, which was salted with "corns" of coarse salt to preserve it, could then be eaten after the long, meatless Lenten fast. Today, corned beef is a beef brisket that has been pickled in a brine solution. It requires long, moist cooking to make it tender. This recipe adds another step, a finishing glaze, to enhance the meat's flavor.

- 1 (4 1/2-pound) corned beef brisket flat
- 1 tablespoon pickling spice
- 1 1/2 tablespoons Cackalacky® Beer-B-Q™ seasoning, divided
- 2 yellow onions, chopped
- 2 ribs celery, chopped
- 2 carrots, scrubbed and chopped
- 1 leek, white part only, chopped
- 1 tablespoon yellow mustard seeds
- 1 tablespoon whole black peppercorns
- 1 tablespoon crushed red pepper flakes
- 10 cloves
- 4 cloves garlic, peeled and crushed
- 1 cup Cackalacky® Combo Condiment™

Add pickling spice, Beer-B-Q seasoning, onions, celery, carrots, leek, mustard seeds, peppercorns, pepper flakes, cloves, and garlic to a large stock pot. Add the corned beef and add cold water to cover. Bring to a boil over medium-high heat. Reduce heat, cover, and simmer for 3 to 3 1/2 hours or until tender.

Remove corned beef from stockpot and dry with paper towels. Remove any remaining fat cap. (Brisket may be prepared to this point one day ahead and stored, refrigerated and covered. If refrigerated, bring beef to room temperature before proceeding.)



Prepare the glaze by heating 1 cup of Combo Condiment in a non-stick saucepan over medium heat, stirring often, until reduced by one-half, about 20 minutes.

Place brisket in a baking dish, coat with glaze and sprinkle with remaining Beer-B-Q seasoning. Bake in a preheated 400 degree F. oven for about 20 minutes or until glaze is slightly crusty. Remove from oven and allow corned beef to rest for 10 minutes before carving. Serve any remaining glaze on the side.

Parsley Potatoes

Use new potatoes, fingerling, round white, Yukon Gold, or red bliss for this side dish. Estimate 3 or 4 small potatoes per person. If small new potatoes are not available, quarter larger potatoes. Be sure not to overcook the potatoes or they will become mushy.

- 16 small new potatoes
- 1 tablespoon coarse kosher salt
- 2 tablespoons unsalted butter
- Kosher salt and black pepper to taste
- 1 teaspoon Cackalacky® Beer-B-Q™ seasoning
- 1 tablespoon chopped fresh parsley

Scrub potatoes but leave the skins on. Add potatoes to a medium saucepan and cover with cold water. Add the kosher salt. Bring water to a boil and cook potatoes, uncovered, for 10 to 15 minutes or until fork tender.

Drain well and return potatoes to warm pan. Add butter and season to taste with salt and pepper; sprinkle with Beer-B-Q seasoning. Cook until butter melts. Sprinkle potatoes with parsley and serve.

Roasted Carrots & Onions

Roasting carrots and onions allows the natural sugars to caramelize bringing a unique flavor and sweetness to this side dish.

- 1 pound whole carrots
- 2 yellow onions, pared and quartered
- 2 tablespoons olive oil
- 1 teaspoon dried tarragon
- 1/2 teaspoon Cackalacky® Beer-B-Q™ seasoning
- Kosher salt and freshly ground pepper, to taste

Preheat the oven to 400 degrees F. Rinse and scrub carrots, pare only if necessary, and cut off stem ends. Cut carrots into 3-inch pieces. If the thick end is very thick, cut in half lengthwise.



Put the carrots and onions in a small pan, pour in the olive oil and toss well to coat the carrots and onions. Sprinkle with tarragon, Beer-B-Q seasoning, salt, and pepper and toss again.

Spread the carrots and onions into a single layer on a baking pan. Roast until the carrots and onions have browned well on the bottom, about 30 minutes; turn the vegetables to brown on another surface, and roast another 10 minutes. Turn again, roasting another 10 minutes, until the thickest carrot pieces are tender.

Honey Mustard Sauce

By using dry mustard, this sauce has the sharp, sinus-clearing taste of Chinese mustard but the sweetness of the honey mellows the bite. A little goes a long way.

2 tablespoons Colman dry mustard
2 tablespoons water
1/2 cup clover honey
1/2 teaspoon dried tarragon
Pinch coarse kosher salt & freshly ground black pepper

In a small mixing bowl, combine dry mustard and water. Stir well to dissolve the mustard into a smooth consistency. Add the honey, tarragon, salt, and pepper and mix well. Allow sauce to rest at room temperature at least 1 hour before serving.

(Chef's note: This is a thin sauce and will keep, covered and refrigerated, for 1 week. It is excellent for grilled cheese & tomato sandwiches, or for any other "mustard" use.)
