



Noreen's Kitchen

New England Boiled Dinner

Under Pressure

Ingredients

3 to 4 pound corned beef (flat cut preferred)	4 cloves
1 pound carrots	4 allspice berries
1 pound celery	10 peppercorns
2 pounds potatoes	1 cinnamon stick, broken
2 pound cabbage cut into wedges	3 bay leaves
1 pound small whole onions, peeled	1 tablespoon mustard seed
2 tablespoons brown sugar	2 cups water
2 tablespoons pickling spice	

Step by Step Instructions

**NOTE* I am using a 7 quart electric pressure cooking in this recipe. You can make this in the crock pot, in the oven or in a large stock pot on top of the stove, however you will need to gauge how long to cook things for if using those other methods.*

Rinse corned beef and rub with the brown sugar to coat.

Place corned beef in vessel of the pressure cooker along with two cups of water.

Make a spice bag using some cheese cloth and place the seasoning packet that came with the corned beef along with all the other spices listed. Tie with kitchen twine and toss in the pressure vessel with the meat.

Place the lid on the cooker and set to cook on the meat setting for 35 minutes. Brands and models of pressure cooker may vary so you should consult your manufacturers instructions as a guide to how you should proceed with this step.

When the meat has finished cooking and you can open the cooker, remove the meat to a separate plate to rest and cool a bit. Add the potatoes, onions, carrots and celery to the vessel and cook under pressure for 5 minutes until potatoes are tender and fully cooked.

Remove vegetables to a separate bowl and place cabbage wedges in the vessel . Cabbage does not take long to cook between 3 and 5 minutes at the longest. Set your cooker accordingly.

Remove cabbage to another bowl. Place cooking liquid in a bowl for serving.

Slice meat and dish up. Enjoy your boiled dinner!

Alternatively, you can choose to use a ham or a chuck roast instead of the corned beef. Even a pork roast will work. New England Boiled Dinner is really about using what you have available to you and making it work.

Enjoy!