

Erin Go Bragh!

Written by Debbi Covington

Tuesday, 03 March 2020 15:21 - Last Updated Wednesday, 04 March 2020 07:22



"May the leprechauns be near you, to spread luck along your way."

And, may all the Irish angels smile upon you St. Patrick's Day."

Corned beef is a long-standing American St. Patrick's Day tradition. In Ireland, the St. Patrick's Day meal would most likely be ham and cabbage.

Corned beef is a beef brisket or round roast cured in brine which leaves the beef bright red and flavorful. The meat remains pink when cooked, and because the beef is a tough cut of meat, requires longer cooking to render it tender. "Corned" refers to the salt grains used many years ago to cure or preserve meats. The featured recipe this week is an easy crockpot entree that incorporates corned beef and root vegetables into a tummy warming stew. Paired with an Irish Pub Salad, Irish Soda Bread and maybe even an Irish Whiskey cocktail or Irish Coffee, the meal for your St. Patrick's Day celebration is complete. Everyone's a little bit Irish on St. Patrick's Day! There's no better time to sample a few favorite Irish recipes and raise your glass to all things green. *Erin go bragh!* Ireland forever!

Irish Pub Salad

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Fill your plate with vegetables, boiled eggs, pickled beets – all drizzled with the perfect malt vinegar salad dressing.

For the dressing:

½ cup mayonnaise

2 tablespoons malt vinegar

½ teaspoon Dijon mustard

1 teaspoon dried tarragon

1 tablespoon water

1 teaspoon sugar

Salt and pepper, to taste

For the salad:

4 cups butter or bibb lettuce

1 English cucumber, sliced

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Grape tomatoes, halved

Shredded carrots

Red onion, thinly sliced

3 hard-boiled eggs, quartered

Baby pickled beets

4 ounces crumbled blue cheese

Whisk salad dressing ingredients together in a small bowl. Set aside until ready to serve. Place salad greens on a platter. Top with cucumbers, tomatoes, carrots, red onion, hard-boiled eggs, baby pickled beets and crumbled blue cheese. Drizzle with salad dressing before serving. Serves 6.

Irish Corned Beef Stew

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A bowl of soup with potatoes, carrots, and meat (with spice packet).



A baked dish, possibly a casserole or bread, with a small bowl of sauce. The dish is in a white rectangular baking dish. It has a golden-brown, slightly cracked top. Next to it is a small white bowl containing a thick, orange-colored sauce. The background is decorated with green shamrock cutouts.



[Erin Go Bragh!](#) written by Debbi Covington. She may be reached at [Debbi.Covington@erincobragh.com](#)