

Corned Beef-Spiced Flank Steaks

with Braised Cabbage & Buttered Red Potatoes

We're tipping our hat to the Emerald Isle with this gourmet Irish-American fare. The corned beef and cabbage typically served on St. Patrick's Day is actually a reinvented Irish dish, modified by immigrants to use local American ingredients. In our version, we're serving steaks coated in a corned beef-inspired, custom blend of spices. (Corned beef refers to the "corns" of salt once used to preserve the meat, but the seasoning has evolved to include spices like coriander and crushed juniper berries.) Served with braised cabbage and buttery red potatoes, this dish is a trans-Atlantic classic.



Ingredients

- 2 Flank Steaks
- 2 Carrots
- 1 Pound Green Cabbage
- 1 Yellow Onion
- 3/4 Pound Red Potatoes
- 1 Large Bunch Parsley

Knick Knacks

- 4 Tablespoons Champagne Vinegar
- 2 Tablespoons Butter
- 2 Tablespoons Honey
- 2 Tablespoons Whole Grain Dijon Mustard
- 2 Teaspoons Corned Beef Spice Blend
(Black Mustard Seeds, Ground Coriander, Ground Bay Leaf, Ground Cloves, Crushed Juniper Berries & Light Brown Sugar)

Makes 2 Servings

About 650 Calories Per Serving

Cooking Time: 25 to 35 minutes



1



Prepare the ingredients:

Wash and dry the fresh produce. Heat a medium pot of salted water to boiling on high. Remove the steaks from the refrigerator to bring to room temperature. Peel and thinly slice the onion. Peel and thinly slice the carrots into rounds. Remove and discard the cabbage core; thinly slice the leaves. Pick the parsley leaves off the stems; discard the stems. Cut the potatoes into bite-sized pieces.

2



Braise the cabbage:

In a large pot, heat 2 teaspoons of olive oil on medium-high until hot. Add the **carrots** and **onion**; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until softened. Add the **cabbage** and cook, stirring frequently, 2 to 3 minutes, or until the cabbage has wilted. Stir in the **vinegar**, **honey**, **mustard** and **2 tablespoons of water**. Cover and reduce the heat to medium-low. Cook, stirring occasionally, 16 to 18 minutes, or until very tender; remove from heat. Season with salt and pepper to taste.

3



Cook & butter the potatoes:

While the cabbage braises, add the **potatoes** to the pot of boiling water. Cook 13 to 15 minutes, or until tender when pierced with a fork. Remove from heat. Drain thoroughly and return to the pot. Stir in the **butter** until melted; season with salt and pepper to taste. Set aside in a warm place.

4



Season & cook the steaks:

Pat the **steaks** dry with paper towels and season both sides with salt, pepper and the **spice blend**. In a medium pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the seasoned steaks. Cook 3 to 4 minutes per side for medium-rare, or until cooked to your desired degree of doneness. Transfer to a cutting board and let rest for at least 5 minutes.

5



Finish & plate your dish:

Find the lines of muscle (or grain) of the rested steaks; thinly slice against the grain. Add any juices from the cutting board to the pot of braised cabbage; stir to combine. Stir **half the parsley** into the buttered potatoes. Divide the **buttered potatoes** and **braised cabbage** between 2 dishes. Top with the **sliced steaks**. Garnish with the **remaining parsley**. Enjoy!