



Homemade Corned Beef and Cabbage (tinned style too!)

Ingredients

- 4 cups water
- 2 ½ lbs point cut corned beef brisket
- 3 garlic cloves, quartered
- 2 bay leaves
- 4 carrots, cut into 3 inch pieces
- 1 head cabbage, cut into 6 wedges
- 6 peeled and quartered potatoes
- 3 peeled and quartered turnips (any additional veggies you enjoy)
- horseradish sauce (optional)

Directions

1. Pour water into pressure cooker.
2. Add brisket; over high heat, bring water to a rolling boil.
3. Skim residue from surface.
4. Add garlic and bay leaves and secure lid.
5. Over high heat, bring to high pressure.
6. Reduce heat to maintain pressure and cook 1 hr 15 minutes.
7. Release pressure according to manufacturer's directions and remove lid.
8. Add vegetables to brisket and liquid, stirring gently.
9. Secure lid and over high heat, bring steam to high pressure.
10. Reduce heat to maintain pressure and cook 6 minutes.
11. Release pressure according to manufacturer's directions.
12. Remove lid.

So, you don't like the idea of using all that gas, here's the tinned style - using a tin of corned beef, great for long passages in a warm storage galley.

Ingredients

- 4 cups water
- Large can corned beef
- 3 garlic cloves, quartered
- 1 Onion chopped
- 2 bay leaves
- 4 carrots, cut into 3 inch pieces
- 1 head cabbage, cut into 6 wedges

- 6 peeled and quartered potatoes
- 3 peeled and quartered turnips (any additional veggies you enjoy)
- horseradish sauce (optional)
- Oil for frying

Directions

1. Fry onion until golden brown, turn off heat, add garlic and bay leaves, then the water, turn heat back on.
2. Add vegetables to the liquid liquid, stirring gently.
3. Secure lid and over high heat, bring steam to high pressure.
4. Reduce heat to maintain pressure and cook 6 minutes.
5. Cool pressure cooker and place un-sliced corned beef on top of vegetables, DON'T STIR!
6. Replace lid and allow the heat of the pressure cooker to warm through the corned beef (about 5 mins max)
7. Remove lid, gently remove corned beef from top of vegetables.
8. Serve with Horseradish sauce.