

# Salamura S??r Eti ve Lahana

Traditional Irish corned beef and cabbage recipe with tender, flavorful meat and perfectly cooked vegetables. Complete guide with tips and variations.

30 min

HAZIRLIK

45 min

PI?IRME

1h 15min

TOPLAM

8

PORSIYON

Easy

ZORLUK

Salamura S??r Eti ve Lahana

## Malzemeler

- 12 oz corned beef
- 1 cabbage
- 1 onion
- 1 carrot
- 3 clove garlic
- 2 tbsp vinegar
- 1 tbsp nigella seed
- 2 tbsp Worcestershire sauce
- 1 tbsp dried herbs
- 1 pinch salt
- 1 pinch black pepper

## Yap?l???

- Prepare the corned beef**

Cut the 12 oz corned beef into 1-inch chunks. Heat a large heavy-bottomed pot over medium-high heat and add the corned beef pieces. Brown them on all sides until golden and crispy, about 6-8 minutes total. Transfer to a plate and set aside.
- Cook the aromatics**

Reduce heat to medium and add 2 tablespoons oil to the same pot. Add the diced onion and cook until soft and translucent, about 5-6 minutes, stirring occasionally.
- Add the 3 cloves minced garlic and cook until fragrant, about 30 seconds, stirring constantly to prevent burning.**
- Add vegetables and seasonings**

Add the chopped cabbage and diced carrots to the pot. Stir in 1 tablespoon vinegar, 2 tablespoons Worcestershire sauce, 1 pinch salt, and 1 pinch black pepper.
- Cook the vegetables over medium heat, stirring frequently, until the cabbage wilts and reduces in volume by half, about 8-10 minutes.**
- Combine and finish**

Return the browned corned beef to the pot and stir gently to combine with the vegetables. Reduce heat to medium-low and cook covered for 10-15 minutes until the cabbage is tender and the flavors have melded together.

7 Taste and adjust seasoning with additional salt and pepper if needed. Serve immediately while hot.

## ?puçlar?

---

For the most tender results, always cook corned beef at low temperatures. High heat can make the meat tough and stringy, so patience is key to achieving perfect texture.

Rinse the corned beef under cold water and soak for 1-2 hours before cooking to remove excess salt. Change the water once during soaking for best results.

When cooking, ensure the pot has enough liquid to keep the meat covered throughout the cooking process. Add hot water if needed to maintain proper levels.

Allow adequate cooking time and avoid rushing the process. Well-cooked corned beef takes time to become tender, but overcooking can result in dry meat.

The ideal cooking temperature for corned beef is 70°C internal temperature. Use a meat thermometer to ensure doneness.

When positioning the meat, place it fat-side up when cooking in liquid, but fat-side down when cooking with direct heat like pan-searing.

You can also steam corned beef for 2-2.5 hours for a different texture. Just monitor water levels to prevent the pot from going dry.

Feel free to customize the recipe with your favorite vegetables like potatoes, turnips, or other root vegetables to make it your own.