



MARCH 2018

Slow Cooker Corned Beef & Cabbage

This recipe packs all of the deliciousness of corned beef into a meal that cooks itself. Talk about a stroke of good fortune on St. Patrick's Day—or any day of the year!

St. Patrick's Day is the perfect opportunity to enjoy an easy recipe like this. Using a crock pot makes this meal almost effortless!

Corned beef is brisket that has been cured and brined, and normally comes with a seasoning packet (pickling spices, pepper corns, bay leaf). It is actually quite simple to make!

It's important to keep in mind that corned beef is a tough cut of meat until it is properly cooked. If it is tough, it simply hasn't cooked for long enough. Before cutting, allow your corned beef to rest—this is the secret to a great cut of meat. Once rested, cut against the grain to result in corned beef that is juicy, fork tender, and flavorful.



Prep Time: 10 minutes
Cook Time: 8 hours
Yield: 6 servings

Ingredients

- 1 corned beef brisket (3–4 lbs.)
- 1 onion
- 3 cloves garlic
- 2 bay leaves
- 2.5–3 c. water
- 2 lbs. potatoes, peeled and quartered
- 2 large carrots, chopped
- 1 small head of cabbage, cut into wedges

Directions

1. Chop onion into large chunks and place in the bottom of a 6-qt. slow cooker. Top with corned beef and seasoning packet.
2. Pour water into slow cooker until it just about covers the corned beef. Add garlic and bay leaves.
3. Cook on low 8–10 hours.
4. After three hours, add potatoes and carrots to the slow cooker.
5. Two hours before serving, add cabbage wedges to the slow cooker.
6. Remove corned beef from slow cooker and let rest 15 minutes before slicing. Serve with potatoes, carrots, and cabbage.

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The Month of March

The month of March was named for the Roman god of war, Mars. Traditionally, this was the time of year to resume military campaigns that had been interrupted by winter.



- **International Women's Day** is celebrated on March 8th.
- March has two **full moons** this year!
 - The first full moon—the Full Worm Moon—occurs on March 1st at 7:51 pm EST.
 - The second—the Full Sap Moon (or Blue Moon)—occurs on the 31st at 8:37 am EDT.
- **Daylight Saving Time** begins on Sunday, March 11th at 2 am. Don't forget to set your clocks forward!
- **St. Patrick's Day** is March 17th. It falls on a Saturday this year.
- **The Ides of March** falls on March 15th, and has long been considered an unlucky day.
- The **vernal equinox**, also called the spring equinox, marking the beginning of spring in the Northern Hemisphere, occurs on Tuesday, March 20th at 12:15 pm EDT. On this day, the sun rises due east and sets due west. In the Southern Hemisphere, this date marks the autumnal equinox.
- According to lore, the **last three days of March** have a reputation for being stormy.
- **Easter Sunday** arrives on April 1st, culminating the Holy Week for Christian churches and commemorating the resurrection of Jesus Christ.

May your troubles be less and your blessings be more, and nothing but happiness come through your door.

(IRISH BLESSING)