



**COOKING CLASSES**  
AT SUR LA TABLE

**PREP NOW, EAT LATER: CORNED  
BEEF & COLCANNON**

WITH SUR LA TABLE CHEF

# Ingredient Shopping List

Below is a list of ingredients you'll need to make the recipes in this packet. Please reach out for substitution suggestions.

## Proteins

- 2 to 3 pounds corned beef

## Produce

- Small bunch fresh parsley
- 1 onion
- 1 celery stalk
- 1 carrot
- 1 1/2 pounds russet potatoes
- 1 medium head green cabbage
- Small bunch green onions

## Dairy

- 1 1/2 sticks unsalted butter
- 3/4 cup whole milk
- 1/4 cup heavy whipping cream

## Pantry Items

- Bay leaves
- Black peppercorns
- Coriander seeds
- Yellow mustard seeds
- Allspice berries
- Cloves
- Honey
- Dijon mustard
- Whole-grain mustard
- Dark brown sugar
- Red wine vinegar or sherry vinegar
- Kosher salt
- Freshly ground black pepper

# Equipment Needed

Below is a list of tools you'll need to make the recipes in this packet.

## Cutlery

- Chef's knife
- Cutting board

## Hand Tools/Gadgets

- Measuring cups and spoons
- Mixing bowls (various sizes)
- Pastry brush
- Wooden spoon
- Silicone spatula
- Colander
- Potato ricer or food mill

## Cookware

- Small saucepan
- Stockpot
- Large saucepan

## Appliances

- Pressure cooker

## Bakeware

- Rimmed baking sheet
- Wire baking rack

## Other

- Aluminum foil

## **Pre-Class Mise en Place and Notes**

- Please gather all ingredients prior to class if you will be cooking along.
- It is helpful to organize the ingredients by recipe on rimmed baking sheets.
- Feel free to pre-measure ingredients, but it is not necessary.
- We encourage you to prep all your ingredients before class as it will allow you to have more time to listen and watch the instructor.

### **Mustard and Honey-Glazed Corned Beef**

1. 30 minutes before class, remove the corned beef from the refrigerator and allow to come to room temperature.
2. Wash and dry all the produce.

### **Potato Mash with Braised Cabbage**

1. Wash and dry all the produce.

## MUSTARD AND HONEY-GLAZED CORNED BEEF

*Yield: 6 to 8 servings*

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### **Braised corned beef:**

*2 to 3 pounds corned beef, removed from the brine and rinsed, cut across into 2 pieces*

*5 sprigs fresh parsley leaves, roughly chopped*

*3 bay leaves, torn*

*1 teaspoon black peppercorns*

*1 teaspoon coriander seeds*

*1 teaspoon yellow mustard seeds*

*4 whole allspice berries*

*3 whole cloves*

*1 onion, quartered*

*1 celery stalk, chopped*

*1 carrot, peeled and chopped*

### **Glaze:**

*2 tablespoons honey*

*3 tablespoons Dijon mustard*

*3 tablespoons whole-grain mustard*

*2 tablespoons dark brown sugar*

*1 tablespoon red wine vinegar or sherry vinegar*

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1. **To pressure cook the corned beef:** To a pressure cooker, place the corned beef fat side up and add the remaining ingredients around the beef. Cover with water by 1 inch and pressure cook on high for 60 minutes. Manually release the pressure.

2. **To prepare the glaze:** To a small saucepan set over medium heat, add the honey, two mustards, brown sugar and vinegar; whisk to combine. Cook until slightly thickened to a glaze consistency, about 5 minutes.

3. Preheat the oven to broil. Remove the corned beef from the braising liquid and place it fat side up on a wire baking rack set over a foil-lined rimmed baking sheet. Transfer the baking sheet to the oven on the upper rack. Roast under the broiler until the top of the corned beef is browned, about 5 minutes. With a pastry brush, generously spread half of the mustard glaze over the corned beef and continue to roast under the broiler until the glaze is golden and caramelized, about 3 minutes.

4. **To serve:** Transfer the corned beef to a cutting board and slice against the grain into 1/4-

inch slices. Serve with the remaining mustard glaze on the side. If needed, you can thin the glaze with braising liquid.

***Recipe variations:***

- To reduce the time it takes to bring the pressure cooker up to pressure, be sure to have all ingredients, especially the beef, at room temperature.
- You can use a combination of water, beer and broth for braising corned beef.
- ***Oven braising method:*** Preheat the oven to 350°F. Place the oven racks in the lower and upper sections of the oven. To a medium Dutch oven or heavy saucepan, add the corned beef and cover with about 3 inches of water. Add the remaining ingredients. Place the Dutch oven over medium-high heat and bring to a boil; reduce heat and skim the surface of the braising liquid to remove any scum that has accumulated. Cover with the lid and transfer to the oven. Cook for 2 hours, or until the beef is fork-tender. Carefully transfer the hot Dutch oven to the stovetop.

## POTATO MASH WITH BRAISED CABBAGE (COLCANNON)

**Yield:** 4 servings

The Irish are famous for their potato dishes and Colcannon is a particular favorite.

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*1 1/2 pounds russet potatoes, peeled and quartered*  
*8 tablespoons (1 stick) unsalted butter, plus more for serving*  
*3 cups thinly shredded cabbage*  
*3/4 cup whole milk*  
*1/4 cup heavy whipping cream*  
*1 teaspoon whole-grain mustard*  
*3 green onions, ends trimmed and finely chopped*  
*Kosher salt and freshly ground black pepper*

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1. To a stockpot or large saucepan, add the potatoes and cover with cold water. Bring to a boil over high heat. Cook the potatoes until tender, about 25 minutes.
2. Using a colander, drain the potatoes and set them aside to cool.
3. To a large saucepan over medium heat, add the butter. Once melted, add the cabbage and cook until tender, about 5 minutes. Pour in the milk and cream and stir in the mustard; bring the mixture to a boil. Reduce heat and simmer until slightly thickened.
4. Process the potatoes through a potato ricer into the mixing bowl. Add the cabbage mixture and green onions and with a silicone spatula combine until smooth. Taste and adjust the seasoning season with salt and pepper.
5. **To serve:** Top with additional pats of unsalted butter.