



Irish Corned Beef Stew

Savannah · 30/09/2024



Prep Time

3 hrs

Difficult

Medium

Servings

8

Description

This hearty corned beef stew is delightful with complex flavors from the corned beef spice packet and the addition of vinegar. It makes a wonderful meal for St. Patrick's Day.

Ingredients

- 2 cups all-purpose flour - 1 (3 pound) corned beef brisket (with spice packet)
- excess fat trimmed and meat cut into 1-inch cubes - 2 cups olive oil - 1 ½ pounds red potatoes
- peeled and cubed - 2 cups peeled and cubed parsnips - 2 cups peeled and cubed carrots - 1 extra-large onion
- cut into chunks - 1 ½ cups water - 1 (12 fluid ounce) can or bottle Irish stout beer - 1 (10.5 ounce) can beef broth - 1 head cabbage
- cored and coarsely chopped - ¼ cup distilled white vinegar

Instructions

1. Place flour into a large bowl; add corned beef cubes and toss to coat. Heat olive oil in a large heavy pot or Dutch oven over medium heat. Add beef cubes and brown on all sides
2. about 10 minutes. Sprinkle spice packet over meat
3. then mix in potatoes
4. parsnips
5. carrots
6. and onion. Add water
7. stout beer
8. beef broth
9. and any unused flour; stir to combine. Bring to a boil. Reduce the heat to low and simmer until corned beef is very tender and the stew has thickened
10. 2 to 2 1/2 hours. Mix cabbage into the stew and simmer until tender
11. about 15 minutes. Stir in vinegar.