

# Corned Beef & Cabbage Dinner Menu Plan

When I started cooking corned beef and cabbage dinner, I decided to deconstruct this classic dish and cook each component separately, and the results were amazing. By tailoring the cooking method to each ingredient, I was able to maximize its flavor and texture, resulting in a meal where every bite was a unique and delicious experience.

Here's what you'll find in this menu plan:

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## Shopping List

### Meat & Dairy

- Corned Beef Brisket:** 1 (2–3 lbs), ensuring it includes the spice packet.
- Butter:** At least 4 tablespoons.
- Bacon Fat (Optional):** Can be used instead of or in combination with butter for the cabbage.

### Produce

- Onions:** 1 large onion (for the beef) and 1 large sweet onion (for the cabbage).
- Garlic:** 2–3 cloves.
- Baby Potatoes:** 1.5–2 lbs.
- Carrots:** 1 lb.
- Green Cabbage:** 1 small to medium head.
- Fresh Parsley:** 2 tablespoons, chopped.
- Fresh Thyme:** 4–5 sprigs (or substitute with 1 teaspoon dried thyme).

### Pantry & Liquids

- Dark Beer (Optional):** 1 bottle for braising the beef.
- Beef Broth or Water:** Enough to cover the brisket in a Dutch oven.
- Olive Oil:** 1 tablespoon.
- Apple Cider Vinegar:** 1 tablespoon.
- Seasonings:** Salt and black pepper.



# Corned Beef & Cabbage Dinner Recipes

## Braised Corned Beef Brisket

### Ingredients

- 1 corned beef brisket (2-3 lbs) with spice packet
- 1 large onion, roughly chopped
- 2-3 cloves of garlic, smashed
- 1 bottle of dark beer (optional, or substitute with water/beef broth)
- Water or beef broth to cover

### Method

1. Sear (Optional): Pat the brisket dry. Heat a small amount of oil in a Dutch oven over medium-high heat. Sear the brisket on all sides until browned. (This step adds flavor depth, but is optional.) Remove the brisket.
2. Sauté Aromatics: Add the onion and garlic to the pot and cook until softened, about 5 minutes.
3. Deglaze: Pour in the beer (if using) and use a wooden spoon to scrape up any browned bits from the bottom of the pot.
4. Add Brisket and Liquid: Return the brisket to the pot. Add the spice packet. Add enough water or beef broth to cover the brisket by about an inch.
5. Braise: Bring the liquid to a boil, then reduce the heat to a low simmer. Cover the pot and cook for 3-4 hours, or until the meat is fork-tender meaning you can put a fork in the meat and pull it apart.. The time will vary based on the size of the brisket. You could also put it in a 350°F oven for the same amount of time.
6. Rest: Remove the brisket from the pot and let it rest on a carving board for at least 20 minutes before slicing. This is crucial for keeping the meat juicy.

## Boiled Baby Potatoes

### Ingredients

- 1.5 - 2 lbs baby potatoes, washed (no need to peel!)
- Salt for the water
- 2 tablespoons butter
- 2 tablespoons fresh parsley, chopped

### Method

1. Place the potatoes in a large pot and cover with cold water by about an inch. Add a generous pinch of salt.
2. Bring the water to a boil, then reduce the heat and simmer until the potatoes are tender when pierced with a fork (about 15-20 minutes, depending on size).
3. Drain the potatoes well. Return them to the warm pot and add the butter and chopped parsley. Toss gently to coat and season with a pinch more salt and pepper, if desired.



## Roasted Thyme Carrots

### Ingredients

- 1 lb carrots, peeled and cut into 2-3 inch strips
- 1 tablespoon olive oil
- 4-5 sprigs of fresh thyme (or 1 teaspoon dried thyme)
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper

### Method

1. Preheat your oven to 400°F (200°C).
2. On a baking sheet, toss the carrot batons with olive oil, thyme, salt, and pepper until evenly coated.
3. Spread the carrots in a single layer.
4. Roast for 20-25 minutes, or until the carrots are tender and slightly caramelized on the edges.

## Sautéed Cabbage with Sweet Onions

### Ingredients

- 1 medium to small head of green cabbage, cored and shredded
- 1 large sweet onion, thinly sliced
- 2 tablespoons butter or bacon fat (or a combination)
- 1 tablespoon apple cider vinegar
- Salt and black pepper to taste

### Method

1. Heat the butter or bacon fat in a large skillet or Dutch oven over medium heat.
2. Add the sliced onion and cook until soft and lightly caramelized, about 10-12 minutes.
3. Add the shredded cabbage to the pot. It will look like a lot, but it will quickly cook down.
4. Stir frequently, and cook until the cabbage is wilted and tender-crisp (about 10-15 minutes).
5. Stir in the apple cider vinegar and season with salt and pepper to taste.



# Your Corned Beef and Cabbage Dinner Timeline

Cooking four components might sound daunting, but it's all about timing. This timeline will help you get everything to the table perfectly cooked and hot.

## 4 Hours Before Serving:

- Start the corned beef. (Searing, sautéing aromatics, and getting it to a simmer). This is the "set and forget" part.

## 1 Hour Before Serving:

- Preheat the oven to 400°F (200°C) for the carrots. If you have the corned beef in the oven, you can remove the lid, and build up a crust on the beef or remove it because it is probably done at this point.
- Prepare the carrots (peel, chop, toss with oil/herbs).
- Wash the potatoes.
- Chop the onion for the cabbage and shred the cabbage.

## 45 Minutes Before Serving:

- Put the carrots in the preheated oven.
- Put the potatoes on the stove to boil.

## 30 Minutes Before Serving:

- Start sautéing the onions for the cabbage.
- Check the corned beef for tenderness. When it's done, remove it to a cutting board to rest (the crucial 20 minutes!). Cover with foil to keep warm.

## 20 Minutes Before Serving:

- Add the shredded cabbage to the onions.
- Check the potatoes. Once done, drain them.

## 10 Minutes Before Serving:

- Check the carrots. They should be tender and caramelized. Remove from the oven.
- Finish the potatoes by tossing with butter and parsley.
- Finish the cabbage by adding the vinegar and seasoning.

## Dinner Time!

- Slice the corned beef against the grain.
- Arrange everything beautifully on a large platter and enjoy your perfectly cooked, flavor-filled feast!



# Tips

Cooking a full corned beef and cabbage dinner can feel intimidating because of the multiple components, but it's actually a very forgiving meal if you follow these tips:

## General Cooking Tips

- **Don't Rush the Meat:** Corned beef is a tough cut of meat that requires a long, slow braise to break down the connective tissue. If it's still tough, it simply hasn't cooked long enough.
- **Slice Against the Grain:** When you are ready to serve, look for the direction the muscle fibers (the "lines") are running and cut perpendicular to them. This ensures every slice is tender rather than chewy.
- **The Power of Resting:** Let the beef rest for at least 20 minutes under foil before slicing. This allows the juices to redistribute so the meat stays moist.

## Vegetable & Flavor Tips

- **Start with Cold Water:** When boiling your potatoes, always start them in a pot of cold water rather than dropping them into boiling water. This ensures the centers cook at the same rate as the outsides.
- **Dry Your Carrots:** For the best "roasted" results, make sure your carrots are completely dry before tossing them in oil. Excess moisture will cause them to steam rather than caramelize.
- **Don't Overcrowd the Cabbage:** Use your largest skillet for the cabbage. If the pan is too full, the cabbage will steam in its own moisture; you want it to hit the hot surface of the pan to develop sweet, browned edges.

## Safety & Planning

- **Check the Salt:** Corned beef is naturally very salty from the brining process. Avoid adding extra salt to your braising liquid or the cabbage until you have tasted them at the very end.
- **Use the Timeline:** Print out the dinner timeline provided in the blog. Having a visual guide of when to start each vegetable will prevent you from feeling overwhelmed in the final 30 minutes.

