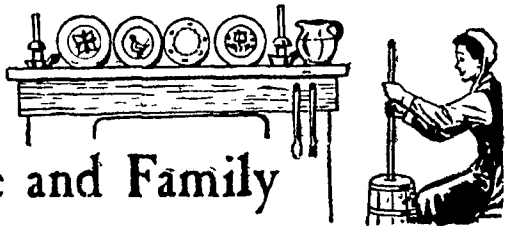


For the Farm Wife and Family



Saint Patrick's Day Special

By Mrs. Richard C. Spence

When it's time for the wear of the green it's time for rosy corned beef. Though in the spotlight on St. Patrick's Day, modern corned beef is favored from Ireland to Israel and back to America on a year-round basis.

Each nationality and each family, for that matter, have their own favorite foods that they enjoy with corned beef. Some like sauerkraut, some like boiled potatoes, some like mashed potatoes. Garlic enthusiasts may select a corned beef brisket with a garlic flavor in addition to the sugar cure.

Plans for a big celebration or cozy family dinner are no problem for there's the perfect size corned beef brisket for any occasion. Most popular for family meals are the two to five pound brisket pieces in vacuum sealed packages. The wrappers are transparent, flavor-tight and drip-free, designed to insure that all the meat's goodness reaches

the table.

A special glaze adds a party touch to the corned beef. Cook a 3 to 4 pound piece of corned beef according to directions on the package. Remove the meat from the water and drain well. Place the corned beef in a shallow open pan. Mix 1-1/2 teaspoons cornstarch, 2-1/2 tablespoons brown sugar, 1/4 teaspoon ground cloves, and 1/4 teaspoon dry mustard in a saucepan. Gradually add 1 cup water. Stir and brook over medium heat until clear and thick (5 to 7 minutes). Spread over cooked corn beef. Press whole cloves

into the fat covering in the outline of a shamrock. Broil the corned beef until the glaze bubbles, about 5 minutes. Slice and serve hot.

The trick to carving a corned beef brisket is easy to master. Begin by slicing at the narrower, thinner end of the brisket, always cutting across the grain. When the direction of the grain begins to change about half-way through, the remaining piece of meat is turned so that slicing can continue across the grain. Look at the lean side of the brisket to learn the direction of the grain or fibers of the meat. Slices for buffet trays or main dish servings should be about 1/16 to 1/8 inch thick. For corned beef sandwiches, the brisket is sliced paper thin and several slices placed in each sandwich.

Corned beef brisket is boneless so plan on 3 to 4 servings to the pound.

NEW ENGLAND BOILED DINNER

- 4 pounds corned beef brisket
- 6 medium onions
- 2 turnips, cubed
- 6 carrots, cut in half
- 6 potatoes, quartered

1 head cabbage, cut in wedges

Cover corned beef with water and simmer until fork-tender. Do not boil. Allow about 3 to 4 hours. About 1 hour before serving time, add onions. Thirty minutes before serving, add turnips, carrots, and potatoes. Cover and continue cooking. Fifteen minutes before serving time, add cabbage. Uncover, continue cooking until all vegetables are tender. Arrange vegetables around corned beef on warm platter.

Sure to become an often used combination is corned beef simmered with mixed spices and dried fruits. The final flavor sparkle is achieved with a mixture of brown sugar and lemon juice spread over the fat surface of the corn-

ed beef and dribbled over the fruit just before slipping under the broiler to bubble.

FRUIT CORNED BEEF

3 to 4 pound corned beef brisket
Water to cover
1 teaspoon mixed spices
1 pound dried prunes
1/2 pound dried apricots
1 cup packed brown sugar
5 teaspoons lemon juice

Place brisket in a kettle and cover with water. Add mixed spices and cover with tight fitting lid. Simmer 3 to 4 hours or until fork-tender. Add prunes during last hour of cooking time. Add apricots during last 20 minutes of cooking time.

Place brisket on a baking sheet. Arrange the fruit over the fat surface of the corned beef. (Continued on Page 15)

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