

## Corn Beef and Cabbage

SCOTTISH RITE 3/9/17  
36.76 LB, 3/11/18

### Beef

Open packages and save seasoning Packet.

Rinse meat and put in large pot.

Add one seasoning packet per cut of meat

Cover with water.

Bring to boil then cut back to a good simmer.

START CHECKING AFTER 2 HR.

Cook about 4 hours but check towards the end. (3 1/2 HR. (1:00-4:30) SLIGHTLY OVER DONE

You want the meat to be tender but firm enough to cut without falling apart.

### Cabbage

Core and cut up cabbage.

Punch down cabbage in pot regularly during chopping.

After the meat has cooked for a while extract some liquid for cabbage

Boil cabbage until done.

### Potatoes

Wash potatoes and cut into large chunks.

Add some seasoned water from the beef

Boil then cut back heat and cook until done.