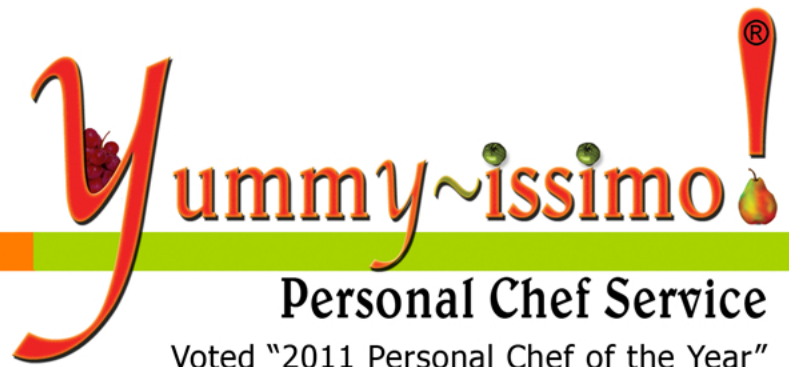


Mandy's Corned Beef & Cabbage



Personal Chef Service

Voted "2011 Personal Chef of the Year"

Voted CityBeat "2011 Best Caterer"

This recipe is from the fabulous Mandy Unruh of **Mandy's Meals Personal Chef Service** and is the blog mistress for the awe~inspiring Denise Vivaldo of **Food Fanatics Unwashed**

Photos of the entire process and of the final delicious dish can be found at <http://www.foodfanaticsunwashed.com/2010/01/traditional-irish-meal-with-blog.html>

Serves 8

1 corned beef brisket

2c beef stock

1 large potato, peeled, diced

1 head cabbage, cored, cut into large wedges

5 garlic cloves, peeled

Preheat oven to 350. Place brisket into large baking dish and rub the spice package all over the top of the brisket. Bake 1 hour.

Remove brisket from oven, add diced potato and garlic around sides of brisket. Add enough beef stock to cover bottom of baking dish. Reduce oven to 300, cover with foil and bake 90 minutes.

Remove from oven, cover brisket with chopped cabbage. Cover with foil and return to oven to bake for 45 minutes.

Listen for my weekly recipes, Fridays at 7:45 a.m. on WGRR presented by **meijer**

Debbie Spangler ~ Certified Personal Chef

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