

No leftovers, fabulous potatoes and carrots. If you do have leftovers, it makes a great sandwich!

Jiggs Dinner – Corned Beef and Cabbage



- 2 pounds corned beef
- 6 carrots 1 medium turnip
- 6 potatoes
- 3 parsnips
- 1 head cabbage

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Cover corned beef with cold water and allow to soak overnight. Drain water from meat and fresh water. Bring to a boil and reduce to a simmer for about 2 hours. Peel carrots and parsnips. Cut in half lengthwise. Cut peeled potatoes in half and turnip into thick slices. Cut cabbage into large wedges. Wash vegetables in cold water. Add vegetables to the meat about 30 minutes before the meat is cooked.

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A cabbage should always be eaten as fresh as possible. It loses nutrients if stored for too long. An unwrapped fresh cabbage should look bright and crisp, with its outer leaves intact (often if it's had its outer leaves removed, it was because they were limp, which is not a good sign).

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