

Corned Beef & Potato Cabbage Roll

Prep: 35 minutes Bake: 45 minutes Serves: 6

Ingredients:

- 2 cups Irish-style ale such as Smithwick's™
- ½ cup heavy cream
- 3 tablespoons stone ground mustard
- 2 tablespoons chopped fresh dill
- ½ tablespoon caraway seeds
- ½ teaspoon fresh ground black pepper
- 12 large green cabbage leaves, trimmed
- 2 cups refrigerated diced potatoes with onion
- 1½ cups shredded carrots
- 1½ cups chopped corned beef brisket
- ½ cup plain breadcrumbs
- 2 tablespoons chopped fresh parsley

Directions:

1. Preheat oven to 375°; line rimmed baking pan with paper towel. In small saucepan, cook ale over medium heat 15 minutes or until reduced by half. Reduce heat to medium-low; whisk in cream, mustard, dill, caraway and pepper; cook 5 minutes or until slightly thickened. Makes about 1½ cups.
2. Heat large saucepot of salted water to a boil over high heat; add cabbage leaves and cook 3 minutes or until softened. Remove cabbage with tongs to prepared pan; heat remaining water to a boil. Add potatoes and carrots; cook 5 minutes or until very tender, stirring occasionally. Drain vegetables.
3. In large bowl, gently mash vegetables; stir in corned beef, breadcrumbs and parsley. Makes about 5 cups.
4. Place about 1/3 cup corned beef-potato filling in center of each cabbage leaf; fold sides of leaves over filling, then roll tightly to enclose filling completely. Place cabbage rolls, seam side down, in 8 x 11-inch baking dish; pour ale mixture over top. Cover dish tightly with aluminum foil; bake 45 minutes or until cabbage is very tender.

Approximate nutritional values per serving (2 rolls): 300 Calories, 15g Fat (7g Saturated), 60mg Cholesterol, 777mg Sodium, 26g Carbohydrates, 3g Fiber, 5g Sugars, 11g Protein

