

CORNED BEEF WITH APPLE-ONION SAUTÉ

Total preparation and cooking time: 2-3/4 to 3-3/4 hours

Pix No. 4695



- 1 boneless corned beef brisket with seasoning packet (2-1/2 to 3-1/2 pounds)**
 - 1 large onion, coarsely chopped**
 - 5 cloves garlic, coarsely chopped**
 - 1-1/2 cups apple cider *or* apple juice**
- Apple-Onion**

Sauté:

- 3 tablespoons butter, divided**
- 2 medium onions, cut into thin wedges**
- 1 medium Granny Smith apple, cut into 1/4-inch thick slices**
- 1 medium McIntosh apple, cut into 1/4-inch thick slices**
- 1 medium Golden Delicious apple, cut into 1/4-inch thick slices**
- 1/2 cup apple cider *or* apple juice**
- 1 tablespoon brown sugar**
- 1/2 teaspoon dried thyme leaves, crushed**

1. Heat oven to 350°F. Place corned beef brisket in roasting pan; place coarsely chopped onion and garlic around brisket. Sprinkle contents of seasoning packet over brisket. Add 1-1/2 cups cider; cover tightly with aluminum foil. Braise in 350°F oven 2-1/2 to 3-1/2 hours or until brisket is fork-tender.
2. Meanwhile prepare Apple-Onion Sauté. Melt 2 tablespoons butter in large nonstick skillet over medium heat. Add onion wedges; cook 13 to 15 minutes or until onions are lightly brown, stirring occasionally. Add apples, remaining 1 tablespoon butter, cider, brown sugar and thyme; cook and stir 6 to 8 minutes or until apples are crisp-tender.
3. Carve brisket diagonally across the grain into thin slices. Serve with Apple-Onion Sauté.

Makes 6 to 8 servings.

Cook's Tip: *If seasoning packet is not included with corned beef brisket, substitute 1-1/4 teaspoons pickling spice.*

Nutrition information per serving (1/6 of recipe): 375 calories; 22 g fat (9 g saturated fat; 9 g monounsaturated fat); 98 mg cholesterol; 977 mg sodium; 28 g carbohydrate; 2.6 g fiber; 16 g protein; 2.7 mg niacin; 0.3 mg vitamin B₆; 1.4 mcg vitamin B₁₂; 1.9 mg iron; 28.3 mcg selenium; 4.0 mg zinc.

Nutrition information per serving (1/8 of recipe): 334 calories; 21 g fat (8 g saturated fat; 9 g monounsaturated fat); 95 mg cholesterol; 974 mg sodium; 21 g carbohydrate; 2.0 g fiber; 16 g protein; 2.7 mg niacin; 0.3 mg vitamin B₆; 1.4 mcg vitamin B₁₂; 1.8 mg iron; 28.2 mcg selenium; 4.0 mg zinc.