



Slow Cooked Corned Beef with Mashed Potato and Cheese, Onion and Parsley Sauce

Serves: 4

There is just something about the combination of corned beef, mashed potato and a homemade cheese, onion and parsley sauce! The combination of flavours and textures create a dish that is not just delicious but also nutritious!

TASTE OF CATER CARE FACT

This recipe forms part of Cater Care's Supporting Positive Ageing recipe series and reflects our commitment to creating delicious, nutritious food and engaging aged care specific dishes for our residents. The corned beef in this dish is an excellent source of protein, making it a great choice for all residents, particularly those who have increased protein requirements. The accompaniment of mashed potato together with a delicious cheese, onion and parsley sauce not only enhances the overall flavour of this dish, but is also a great source of complex carbohydrates and calcium which is important in providing elderly adults with sustained energy levels and supporting bone health.

INGREDIENTS

- 1kg Corned Beef
- As Required - Cold Water
- 30ml White Vinegar
- 30gm Brown Sugar
- 1/2 tsp Whole Black Peppercorns
- 1 Bay Leaf - lightly crush.
- 2 Whole Cloves
- 1 1/2 Oranges - remove peel, pith and roughly chop.
- 125gm Brown Onion - peel and roughly chop.
- 750gm Washed Potatoes - peel and cut into 2cm dice.
- 50gm Unsalted Butter - cut into 2cm dice and warm to room temperature.
- 60ml Full Cream Milk - warm.
- 50ml Pure Cream - warm.
- To Taste - Ground Nutmeg
- To Taste - Sea Salt and Freshly Ground White Pepper
- 20gm Unsalted Butter - cut into 2cm dice and warm to room temperature.
- 70gm White Onion - peel, halve and finely dice.
- 1 Garlic Clove - peel and finely chop.
- 20gm Plain Flour
- 350ml Full Cream Milk
- 20gm Grated Tasty Cheese
- 10gm Grated Parmesan Cheese
- 20 Flat Leaf Parsley Leaves - rinse, drain and finely chop.
- To Taste - Sea Salt and Freshly Ground White Pepper

METHOD

1. Over a moderate heat, in a saucepan, add the corned beef and cover with cold water.
2. Add the white vinegar, brown sugar, peppercorns, bay leaf, cloves, oranges and brown onion. Bring up to the boil, then reduce the heat and allow to gently simmer for 2 1/2 hours or until the beef is cooked through and tender. Add more water during the cooking process if required to keep the corned beef covered. Remove the saucepan from the heat and allow the beef to rest and keep warm in the stock until it is required.
3. Whilst the beef is cooking, over a moderate heat, in a saucepan, add the potatoes, cover with cold water, bring up to the boil, then reduce the heat and gently simmer for 25 minutes or until the potatoes are cooked through and beginning to fall apart. Remove the saucepan from the heat and drain the potatoes well, then allow them to stand for 5 minutes for any excess moisture to evaporate.



4. Place the potatoes into a mixing bowl, add the butter, milk and cream. Mash the potatoes until all of the ingredients have combined and formed a smooth consistency. Season to taste, set to one side and keep warm.
5. Over a low heat, in a suitably sized saucepan, add the butter. Heat until the butter begins to gently bubble. Add the onions and saute, stirring regularly until they are very soft, add the garlic and continue to saute for a further minute. Increase the heat to moderate. Add the flour and 'cook out', whilst stirring continuously for 2 minutes without colouring the flour.
6. Gradually add the milk in small batches, incorporating it into the flour with a wooden spoon. When all of the milk has been incorporated, bring the sauce back up to the boil, then reduce the heat. Allow it to gently simmer for 5 minutes, stirring regularly or until the sauce has thickened, is a smooth consistency, and has no flour flavour evident when the sauce is tasted.
7. Add the tasty and Parmesan cheese to the sauce and stir until combined, cook for a few more minutes or until the cheeses have melted. Add the parsley and stir to combine. Season to taste and remove the sauce from the heat. Cover and keep warm.

TO SERVE

Remove the corned beef from the cooking liquid and cut the required number of slices. In the centre of each serving plate place a generous dollop of mashed potato, place three slices of corned beef next to the mashed potato and generously drizzle the corned beef with the cheese, onion and parsley sauce.