



"May the leprechauns be near you, to spread luck along your way."

And, may all the Irish angels smile upon you St. Patrick's Day."

Corned beef is a long-standing American St. Patrick's Day tradition. In Ireland, the St. Patrick's Day meal would most likely be ham and cabbage.

Corned beef is a beef brisket or round roast cured in brine which leaves the beef bright red and flavorful. The meat remains pink when cooked, and because the beef is a tough cut of meat, requires longer cooking to render it tender. "Corned" refers to the salt grains used many years ago to cure or preserve meats. The featured recipe this week is an easy crockpot entree that incorporates corned beef and root vegetables into a tummy warming stew. Paired with an Irish Pub Salad, Irish Soda Bread and maybe even an Irish Whiskey cocktail or Irish Coffee, the meal for your St. Patrick's Day celebration is complete. Everyone's a little bit Irish on St. Patrick's Day! There's no better time to sample a few favorite Irish recipes and raise your glass to all things green. *Erin go bragh!* Ireland forever!

Irish Pub Salad

Fill your plate with vegetables, boiled eggs, pickled beets – all drizzled with the perfect malt vinegar salad dressing.

For the dressing:

½ cup mayonnaise

2 tablespoons malt vinegar

½ teaspoon Dijon mustard

1 teaspoon dried tarragon

1 tablespoon water

1 teaspoon sugar

Salt and pepper, to taste

For the salad:

4 cups butter or bibb lettuce

1 English cucumber, sliced

Grape tomatoes, halved

Shredded carrots

Red onion, thinly sliced

3 hard-boiled eggs, quartered

Baby pickled beets

4 ounces crumbled blue cheese

Whisk salad dressing ingredients together in a small bowl. Set aside until ready to serve. Place salad greens on a platter. Top with cucumbers, tomatoes, carrots, red onion, hard-boiled eggs, baby pickled beets and crumbled blue cheese. Drizzle with salad dressing before serving. Serves 6.

Irish Corned Beef Stew



A bowl of delicious Irish soup (with spice packet).



A delicious and healthy meal made with a variety of ingredients. The dish is a perfect example of a healthy meal that is both delicious and nutritious.



[Erin Go Bragh!](#) is a professional writer and editor. She has been writing for over 10 years and has a passion for helping others to achieve their goals. She is currently working on a book about the importance of mental health.