

Gluten-Free Corned Beef Recipe from Celiac.com

St. Patrick's Day is once again upon us, which means it's a good time to prepare for a successful gluten-free celebration of the wearing of the green.

One good thing for people on a gluten-free diet is that most traditional corned beef and cabbage recipes are gluten free. So, of course, are carrots and potatoes.

If you plan of making corned beef, you should know that most commercial corned beef is gluten free. Some brands that are specifically labeled 'gluten free,' or which the makers' websites claim to be gluten-free, include:

- Brookfield Farms
- Colorado Premium - all corned beef products
- Cook's
- Freirich - all corned beef
- Giant Eagle
- Grobbel's Gourmet corned beef briskets
- Hormel
- Libby's Canned Meats (Corned Beef and Corned Beef Hash)
- Market Day: Corned Beef Brisket
- Mosey's corned beef
- Nathan's corned beef
- Safeway, Butchers cut bulk-wrapped corned beef brisket, corn beef brisket, vacuum-packed cooked corn beef
- Thuman's cooked corn beef brisket, first cut corned beef (cooked and raw), top round corned beef (cooked), cap and capless corned beef
- Wegmans corned beef brisket.

Many other brands not listed are also gluten free. Be sure to read the ingredients on the package, including those for any extra seasonings. Some labels may list natural flavorings, which rarely contain gluten. Still, if you're not sure, try to check the manufacturer's website, or maybe look for another brand.

Ingredients:

6 pounds corned brisket of beef
6 peppercorns, or gluten-free packaged pickling spices
3 carrots, peeled and quartered
3 onions, peeled and quartered
1 medium-sized green cabbage, quartered or cut in wedges
Melted butter (about 4 tablespoons)

Directions:

Place the corned beef in water to cover with the peppercorns or mixed pickling spices (in supermarkets, these often come packaged with the corned beef). Cover the pot or kettle, bring to a boil, reduce heat and simmer 5 hours or until tender, skimming occasionally. During the last hour, add the carrots and onions and cover again. During the last 15 minutes, add the cabbage. Transfer meat and vegetables to a platter and brush the vegetables with the melted butter.

Serve with boiled parsley potatoes, cooked separately. (The stock can be saved to add to a pot roast or stew instead of other liquid.)

Serves 6, with meat left over for additional meals.

