

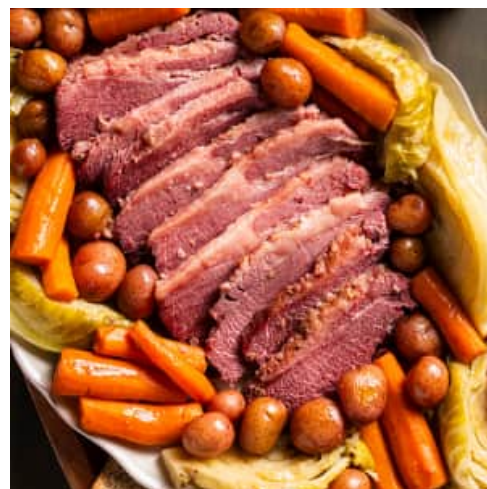
Instant Pot Corned Beef and Cabbage

YIELD Serves: 4 to 6

TIME 2½ hours

Why This Recipe Works

When cooking corned beef and cabbage in the Instant Pot, staggered cooking and lots of seasoning were key. First, we put the meat, which was generously seasoned with plenty of pickling spice, in the Instant Pot. For added flavor, we used chicken broth as the base of our cooking liquid and fortified it with celery, carrots, onion, and bay leaves. After a little over an hour under pressure, the beef was tender. Submerged in some of the reserved beef cooking liquid, the vegetables went under pressure for a mere 5 minutes to gain that perfect “boiled dinner” texture with maximum flavor.



Gather Your Ingredients

- ☐ **1 (3½ - to 4** corned beef brisket roast, about 2 inches thick, rinsed, fat trimmed to ¼ inch
- ☐ ¼ cup pickling spice, divided

Before You Begin

- * For the best results, be sure to buy a first-cut or flat-cut corned beef brisket, not the point cut, which is thicker and fattier. Use potatoes measuring 1 to 2 inches in diameter. This recipe was developed using Instant Pot brand multicookers (both 6- and 8-quart models); you can use other multicookers, but cooking times may vary.

Instructions

- ☐ **4** cups chicken broth
- ☐ **12** carrots, peeled (3 chopped, 9 halved crosswise)
- ☐ **1** onion, peeled and quartered
- ☐ **2** celery ribs, chopped
- ☐ **3** bay leaves
- ☐ **1** head green cabbage (2 pounds), cut into 8 (2-inch) wedges
- ☐ **1½** pounds small red potatoes, unpeeled
- ☐ **1** tablespoon table salt

- 1.** Place brisket, fat side down, on cutting board and cut in half lengthwise with grain. Place 1 brisket half fat side up in Instant Pot and sprinkle with 2 tablespoons pickling spice. Repeat with second brisket half and remaining 2 tablespoons pickling spice. Add broth, chopped carrots, onion, celery, and bay leaves to pot.
- 2.** Lock lid into place and close pressure-release valve. Select high pressure-cook function and cook for 1¼ hours. Turn off Instant Pot and let pressure release naturally for 15 minutes. Quick-release any remaining pressure, then carefully remove lid, allowing steam to escape away from you.
- 3.** Transfer brisket halves to 13 by 9-inch baking dish. Strain cooking liquid through fine-mesh strainer into large bowl, discard solids, and skim fat from liquid. Pour 1½ cups cooking liquid over meat and tent with aluminum foil.
- 4.** Pour 4 cups strained liquid back into pot. Add cabbage, potatoes, salt, and halved carrots. Lock lid into place and close pressure-release valve. Select high pressure-cook function and cook for 5 minutes. Turn off Instant Pot and quick-release pressure. Carefully remove lid, allowing steam to escape away from you.
- 5.** Transfer brisket to carving board and slice against grain ¼ inch thick. Serve with vegetables.