



Season 10 - Episode 1012

Theme: A Nantucket Boiled Dinner

New England Boiled Dinner

Serves 6-8

3 ½ lbs beef brisket

15 peppercorns

8 whole cloves

1 bay leaf

Salt

2 medium sized turnips, peeled and quartered

4 red new potatoes, peeled and quartered

3 large carrots cut into thirds and the thickest pieces quartered lengthwise

1 small head cabbage, cut into fourths

1. Put the brisket in a 5 or 6 quart Dutch oven and cover with an inch of water. Add peppercorns, cloves and a bay leaf to the pot. If using plain brisket, add a t. of salt for every quart of water. Bring to a simmer and then cover, lower the heat until it is barely simmering. Keep at a low simmer for four hours or until the meat is tender.
2. Remove the meat and set aside, keeping the meat warm. Add the vegetables to the pot. Check the broth for taste. If it is too salty, add a little more water to taste. Raise the temperature and bring the soup to a high simmer. Cook at a high simmer until done, about 15-30 minutes longer, depending on the size of the cut of your vegetables.
3. Slice the meat in thin slices. Serve in bowls, a few pieces of meat in each, and add some of the vegetables and some broth.
4. Serve with horseradish or mustard.