

Corned Beef Recipes, Just In Time For St. Patrick's Day

TRYING YOUR LUCK

JeanMarie Brownson
The Daily Meal

For many of us, corned beef tastes delicious every day of the year. But its popularity soars on Saint Patrick's Day — Irish heritage optional.

Like green beer, this holiday food tradition is largely a phenomenon in the United States. In fact, today's corned beef is more Jewish than Irish. It's rare to encounter it in Ireland.

The British are credited for corning beef in the 17th century by curing fresh beef with salt for preservation. Shaylyn Esposito, writing in the Smithsonian Magazine (March 15, 2013) explains that the term "corned" comes from the size of the salt kernels used in the curing. For tax reasons, Irish salt was less expensive than British salt, so cattle was shipped to Ireland to be corned. Irish corned beef was exported to Europe and the Americas until the end of the 18th century when the demand declined as the North American colonies produced their own.

A million Irish people immigrated to this country during Ireland's Great Famine, frequently landing first in New York alongside Jewish immigrants from Eastern and Central Europe. Here, the Irish embraced beef — especially corned beef. However, Esposito explains that "the corned beef the Irish immigrants ate was much different than that produced in Ireland 200 years prior. The Irish immigrants almost solely bought their meat from kosher butchers. And what we think of today as Irish corned beef is actually Jewish corned beef thrown into a pot with cabbage and potatoes."

Since brisket is a tough cut of beef, it is well suited to the salting and cooking that transforms it into tender, tasty corned beef. This all explains why today corned beef can be found in Irish-American households and Jewish delis alike.

Armed with these kernels of knowledge, it's time to get cooking. You can simmer corned beef roasts (sold in cry-o-vac packages in the meat case) with a little Irish stout and fresh orange slices in the oven. The whole house will smell delicious, hopefully providing a pleasant distraction when working in our home offices. At dinnertime, a peppery maple glaze will make the whole dish shine.

When time is short, you can channel a delicatessen and simply enjoy a warm corned beef sandwich, made from deli-sliced, fully cooked corned beef on rye bread with zesty horseradish-spiked mayonnaise.

And leftover corned beef tastes great tucked into creamy, cheesy pasta for a warming winter meal no matter where you live.

MAPLE-GLAZED CORNED BEEF WITH ORANGE AND STOUT

Total time: 4 hours
25 m (prepare time) + 3 1/2 hours (cook time)
6 to 8 servings

Notes: Look in the meat case for seasoned corned beef that's ready to cook. A whole corned beef brisket weighs 6 to 8 pounds. A 3-pound flat cut makes for easy slicing. You



Abel Uribe/Chicago Tribune-TNS

Corned beef sandwich, prepared and styled by Shannon Kinsella in her kitchen.

can prepare the recipe through step 2 in a slow-cooker set on low. Cooking time will be 6 to 8 hours; add the carrots after 4 hours.

For the corned beef:

- 1 flat cut, corned beef brisket (about 3 pounds)
- 2 medium-size sweet onions, cut into 8 wedges
- 2 ribs celery, roughly chopped
- 1 medium-size orange, ends trimmed, halved, thinly sliced
- 3 large cloves garlic, sliced
- 1 teaspoon black peppercorns
- 1/2 teaspoon whole cloves
- 2 bay leaves
- 1 cup stout beer
- 8 long skinny carrots (about 12 ounces) peeled, cut crosswise in half

For the glaze:

- 1/4 cup pure maple syrup
- 1 tablespoon molasses, optional
- 1 tablespoon Dijon mustard
- 1/2 teaspoon freshly ground black pepper
- Horseradish sauce, for serving

1. Heat oven to 325 degrees Fahrenheit. Put corned beef, wedges from 2 medium-size onions, 2 chopped celery ribs, 1 thinly sliced orange, 3 cloves sliced garlic, 1 teaspoon black peppercorns, 1/2 teaspoon whole cloves and 2 bay leaves into a large (6-quart) Dutch oven. Add 1 cup stout beer and then cold water to cover everything by 1 inch. Heat to a gentle simmer over medium heat.

2. Place a piece of parchment paper over the top of the pot. Add the lid and carefully slide into the oven. Bake covered, stirring once or twice, for 2 hours.

3. Add carrots to pot; cover and continue baking until a fork inserted into meat releases easily, 1 to 1 1/2 more hours. Use a slotted spoon to scoop out and discard

the orange slices. (Recipe can be prepared to this point and refrigerated in the liquid, covered, up to 2 days. Rewarm everything over medium-low heat on top of the stove.)

4. To make the glaze, mix 1/4 cup maple syrup, 1 tablespoon molasses (if using), 1 tablespoon Dijon mustard and 1/2 teaspoon ground black pepper in a small saucepan. Heat to a simmer. Cook and stir until mixture reduces to a thick syrup consistency, about 1 minute. Remove from heat.

5. Heat oven to 375 degrees Fahrenheit on convection or 400 degrees Fahrenheit on conventional setting. Use tongs to transfer cooked corned beef to a foil-lined baking pan. Use a slotted spoon to transfer carrots and onion pieces around the meat in the baking pan. (You can strain the broth and save it for the base of a meaty soup.)

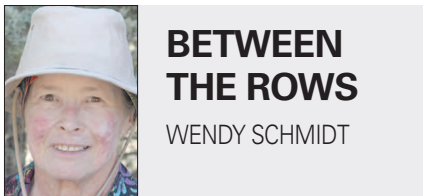
6. Drizzle the maple glaze over the meat and the vegetables. Bake, until bubbling hot, about 10 minutes. Transfer corned beef to a cutting board. Slice thinly, across the grain. Arrange on serving platter; pile the carrots and onions alongside the sliced meat. Pass the horseradish sauce.

CHEESY PASTA WITH CARAMELIZED ONIONS AND CORNED BEEF

Total time 45 minutes
25 m (prepare time) + 20 m (cook time)
6 servings

Notes: I prefer not to use pre-shredded cheese here because the added anti-caking ingredients interfere with a creamy melt. It's easy to shred chunks of cheese on the large holes of a four-sided grater. If desired, transfer the finished dish to a buttered baking dish and top with buttered bread crumbs; bake until crumbs are crisp and golden.

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BETWEEN THE ROWS
WENDY SCHMIDT



Thomas Shahan/Oregon Department of Agriculture

Mason bees are amazingly effective pollinators, better than honeybees.

The magical mason bee

There's concern for good reason about the future of our planet if honeybees keep dying at the current rate. Without pollinators, we have no food to eat in the future. No food for us or even the animals which sustain us, because the animals will not have food either.

We have an unlikely savior on the horizon — the mason bee. At first glance it looks like a house fly. It's small and is a flying insect one hardly notices. It makes no honey and doesn't sting, does not live in hives, and minds its own business.

The secret to the mason bee's success is that its body is so hairy that it appears scruffy. It visits flowers and keeps moving. Pollen sticks to all its hairs, so that when it visits so many flowers, it leaves as much pollen as it takes and the end result is very effective pollination — many times more successful than honeybees. The honeybee's mistake is that it keeps cleaning its body after each flower, losing vast quantities of pollen in the process.

The pollen clings to the mason bee's hairy body (which it doesn't clean), thereby leaving its body always coated in pollen. Some of that pollen is rubbed off in the next flower, then the next ... in essence she's a pollen magnet, transferring pollen from flower to flower efficiently pollinating whole orchards in less time than it takes a honeybee to pollinate one tree.

We can encourage mason bees to multiply by securely hanging housing for them. I feel this merits instructions on how to make mason bee houses, as it is simple to do.

Take a block of wood and drill holes in it a bit apart. The holes ideally will be 6 inches deep. Use a very sharp bit that leaves no splinters. The holes need to be 5/16-inch in diameter. Hang the house block so it receives only morning sun.

If you have garden questions or comments, please write to greengarden column@yahoo.com. Thanks for reading!

Exploring the Anthony Building's backstory

By Ginny Mammen

As we travel on east our next subject is 1118 Adams Ave., known as the Anthony Building on the National Register of Historic Places. This brick building was constructed by John Anthony in 1892 to house his bakery and confectionery. It remained the home for Anthony's tasty morsels until the first part of the 1900s when John packed up and moved to an area above Elgin called River Junction.

The building for the next 20-some years housed a variety of occupants — Union County Cooperative Association, Clint's Clothing and Young's Candy Co. In 1923 the F. L. Lilly Hardware moved in and stayed until Trotter's Quality Clothing Shop opened in 1929 and remained for over 50 years. Today it is the home of Peak Lifestyle Studio.

So who was John Anthony? In 1863, Johann Anton Koel-



From the Richard Hermens and John Turner Collection

The brick Anthony Building was constructed on Adams Avenue in 1892.

ber was born at Appenzell, Switzerland. Leaving home at the age of 17, he moved to London, where, according to his daughter, Margaret, he learned the baker's trade. At age 23 he immigrated to the United States and his travels led him to The Dalles, where he worked at the Seufert

Cannery. By 1888 he had moved to La Grande and was married to a young woman named Mathilda Eichenberger, also born in Switzerland. He and Mathilda lived above the bakery for a period of time. In 1895 he purchased a one-bedroom home at 1606 Sixth St. (listed on the

National Historic Register as the John Anthony House) from Mrs. Henry Anson. This became the family home for John, Mathilda and Bertha Berger (Mathilda's sister who had Americanized her name). In 1894 daughter, Hilda Florence, joined the family.

The year 1898 was a busy one for Mr. Anthony. In September of that year Johann legally changed his name to John Anthony. By this time he had also added grocery items to his bakery and confectionery store. He was serving on city council and constructing a two-story brick building on his lots across the tracks on Fir Street. This building was to have "two good sized store rooms and 5 large plate glass windows." This became the home of the Geddes Brothers' Grocery. John watched over his property carefully and once, when one of the windows at this grocery had been broken,

Anthony offered a one-dollar reward to find the perpetrator.

In early 1902, John sold one of his properties and went into the lumber business on Graves Creek with Thomas Millsbaugh, forming the Anthony and Millsbaugh Sawmill. Later in the year the two partners were involved with some civil litigation. John had constructed a house at 1602 Sixth St. (listed on the National Historic Register as the Anthony/Buckley House) during the year and there was some question that he had perhaps requisitioned lumber from the sawmill without paying for it. The two sold the sawmill in November and the partnership was dissolved.

Things settled down for the family and in July 1904 his life sounded almost idyllic when The Observer reported about a picnic held at the "Mountain Home" of Mr.

and Mrs. John Anthony with "well filled lunch baskets along with plenty of ice cream and lemonade." Later the host and hostess "piloted the party to a huckle berry patch where plenty of ripe berries were found." As the guests returned home everyone was saying "it was one of the most pleasant days ever spent."

But things were not as they seemed when the family was at home. Whether it was the coziness of so many living in a one-bedroom home, too many women or something else, things were not well with the Anthony family. In December 1906, John and Mathilda were divorced. The 1910 Census listed Mathilda as a widow. This wasn't actually the case because we know that John had moved to River Junction.

The story of John Anthony will continue as we continue to learn about other buildings in downtown La Grande. Keep looking up! Enjoy!