

Local Voices



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Leprechaun in the Blanket

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For many people, St. Patty's Day is all about green beer; however, here is a healthy and easy to prepare recipe for you to cook this holiday – "Leprechauns in a Blanket."

While many people are familiar with "Pigs in a Blanket", this recipe is putting a St. Patty's Day spin on this traditional fare. To create a Leprechaun in a Blanket, ditch the hotdog and use crisp corned beef hash, mixed veggies and crisp potatoes to create your Leprechaun.

Tuck your Leprechaun into its blanket, a tender piece of cabbage leaf, then place it all on a bed of Dijon cream sauce. To really show your Irish pride, pull out a clover-shaped mold that you save for this time of year and fill it with spinach to add some extra greens to your plate.

Now you can feel festive this St. Patty's Day without hurting your waistline. Enjoy!

Serving Size: 6

2	lbs.	Corned beef, uncooked
1	large	Baking potato
2	Tbsp.	Olive oil
1	cup	Onions, diced
1	cup	Green pepper, diced
2	Tbsp.	Butter
6	large	Savoy cabbage leaves
1	cup	Chicken stock or bouillon
1	cup	Heavy cream
1/4	cup	Dijon mustard
		Salt and fresh ground pepper to taste
		Chopped parsley for garnish



1. Place corned beef (along with spice packet if it came with one) in a large pot and cover with water by about 1 inch. Bring to a boil and immediately reduce to a simmer. Continue to simmer until internal temperature reaches 200 degrees F (about 2 hours). Turn off heat and cover. Let sit for 1 hour. Remove and trim off any excess fat. Completely cool (can be refrigerated) and then slice into 1/4 inch by 1/2 inch strips.

2. Pierce potato with a fork, and place in a 400 degree F oven for 30 minutes. Remove and let completely cool. Peel and dice into 1/4 inch pieces (can also be coarsely grated).

3. Take cabbage leaves and submerge them in a pot of boiling water for 60 seconds. Remove to a paper towel-lined plate and dry. Set aside.

4. Place onions and green peppers in a large sauté pan with olive oil over medium heat. Season lightly with salt and pepper. Stir occasionally, and cook until onion and green peppers are very soft and slightly browned. Remove from pan and set aside.

5. In same pan, melt butter and place potatoes in pan. Season aggressively with salt and freshly ground black pepper. Do not stir potatoes, but let them crisp up thoroughly until golden brown. Then flip the potatoes over and crisp on the second side. Do this one or two more times until potatoes are nicely browned and moderately crispy. Remove from the pan and set aside.

6. In same pan put 1 Tbsp. olive oil and corned beef and sauté until corned beef is slightly browned and crispy. Stir in onions, green peppers, and potatoes. Adjust seasoning. It should have a pronounced dose of pepper.

7. Place cream, chicken stock and mustard into a small stainless steel pan. Whisk thoroughly to incorporate. Bring to a simmer, and reduce to a thickness that coats the back of a spoon. Season to taste with salt and pepper.

8. Place a good dollop of sauce on a warm plate. On a cutting board, roll up corned beef into the cabbage leaf in a cone shape (you may want to trim the shape of the cabbage with a knife). Place roll on top of sauce and garnish with chopped parsley.

9. This is excellent served with sautéed spinach formed in a clover leaf for St. Patty's Day!