

## Corned Beef and Cabbage

### Ingredients

- One 3 pound corned beef brisket, in brine
- 16 cups cold water
- 2 bay leaves
- 2 teaspoons black peppercorns
- 4 whole allspice berries
- 2 whole cloves
- 1/2 large head green cabbage, cut into 8 wedges
- 8 small new potatoes, halved
- Freshly ground black pepper

### Directions

- Preheat oven to 300 degrees F
- Wash corned beef in colander in sink under cold water
- Put corned beef in Dutch oven, add the water, bay leaves, peppercorn, allspice and cloves. Bring to a boil, uncovered, and skim off any scum that rises to the top. Cover with lid and transfer pan to oven and braise till tender, about 3 hours and 45 minutes
- Transfer the corned beef to cutting board and cover tightly with foil. Add cabbage and potatoes to cooking liquid and bring to boil, lower heat and simmer till vegetables are tender, about 20 minutes
- Use a slotted spoon to transfer cabbage to large platter, slice corned beef with grain of meat, lay slices over cabbage and surround it with potatoes. Then ladle some cooking liquid on corned beef and season with pepper.
- Serve immediately with mustard or horseradish sauce.



**Call the Safety Council for Teen Driving Safety Classes.**

### What the Safety and Health Council can do for you!

- Occupational Training Classes
- Informational Flyers
- On Site Training Classes
- Car Seat Check
- Alive at 25
- DDC Driving Classes
- Safety Fore Kids Golf Tournament
- Gobbler Grind Race
- Indian Creek Race

### Safety Council Members

- Member Rates on Safety Classes
- Access to our Video/DVD library
- Member Prices on products
- Membership in local **Chapter and National Safety Council**

### ST.PATRICK'S DAY SAFETY TIPS

**SAFETY AND HEALTH COUNCIL OF WESTERN MISSOURI AND KANSAS**  
**5829 Troost AVE KANSAS CITY MO 64110**

Phone: 816.842.5223  
E-mail: SHC@SafetyCouncilMoKs.com  
ONLINE AT: www.SafetyCouncilMoKs.com

# ST.PATRICK'S DAY SAFETY



VISIT US ONLINE AT [SAFETYCOUNCILMOKS.COM](http://SAFETYCOUNCILMOKS.COM)

*Safety and Health Council of  
Western Missouri and Kansas  
5829 Troost Ave Kansas City, Mo 64110*

## Drunk Driving

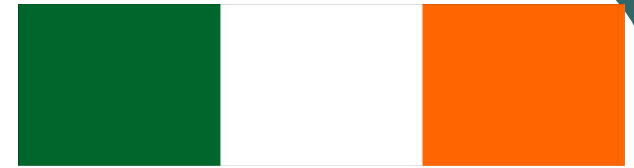
Every 45 minutes there is an alcohol related traffic fatality. Almost 12,000 people died in these crashes in 2008( most recent statistics). This is about 10% better than the years before, in 2007 there were over 13,000 deaths.

- **If you are drinking, do not drive. If you plan to drink, designate a non-drinking driver.**
- Males continue to comprise the majority of all drivers involved in fatal crashes with alcohol involved. Both male and female show an increase in the percentage but male by twice that of females.
- Forty three states showed a decrease in the number of alcohol-impaired driving fatalities in 2008. Missouri went down 6.9% while Kansas actually went up 33.0%.
- All states and the District of Columbia now have a 21 year old minimum drinking age laws.
- Your best defense against a drunk driver is wearing your safety belt.

## Pedestrian Safety

In 2008 there were an estimated 5,600 pedestrian deaths and 75,000 injuries to pedestrians in motor vehicle accidents.

- 58% of these occur when pedestrians improperly cross roadways or intersections, or dart/run into the street.
- 10% were from playing, working, standing in the roadway
- 7% were from walking with the traffic
- Lots of these deaths and injuries could be prevented if we teach our children to look left and right and left again before crossing
  - Teach them to only cross at designated crossings
  - Make sure that they know to never dart out in traffic, especially seeing as how that accounted for 58% of these accidents.
- A growing number of communities are implementing measures to make their environments more walkable, ranging from including sidewalks on all newly constructed streets, to implementing widespread traffic-calming measures



## An Irish Blessing

*(A Blessing from St. Patrick)*

May the road rise to meet you,  
May the wind be always at your  
back,  
May the sun shine warm upon  
your face,  
May the rains fall soft upon your  
fields,  
And, until we meet again,  
May God hold you in the hollow  
of His hand.

*(Traditional Irish Blessing; origin unknown, although some attribute it to St. Patrick.)*

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