



— EST. 1980 —



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## BEEF POT ROAST

Servings 6-8

The key to a moist and tender pot roast is to cook the meat at a bare simmer.

Pat dry:

**1 boneless beef pot roast (3 to 5 pounds)**

**Season with:**

**salt and black pepper**

Heat in a large Dutch oven over medium-high heat:

**2-3 tablespoons vegetable oil**

Add the roast and brown on all sides, about 20 minutes. Do not let it scorch.

Remove the meat to a plate. Pour off all but 2 tablespoons of fat from the pot and add:

**2 cups chopped onion**

**½ cup chopped celery**

**½ cup chopped carrots**

**1 turnip chopped**

Cook, stirring occasionally, just until the vegetables

begin to color, about 5 minutes. Add:

**1 cup beef or chicken stock or broth, dry red wine, beer, or water**

**Bring to a boil and add:**

**1 bay leaf**

**1 ½ teaspoons chopped fresh thyme**

Return the roast to the pan, cover.

On the stovetop reduce the heat to its lowest setting, so that the liquid just barely simmers. Cook, turning the roast every 30 minutes or so, until tender. Flat roasts will take 1 ½ to 2 ½ hours; round or oblong roasts can take as long as 4 hours. Make sure there is always some liquid in the pot; add more as needed. When the meat is fork tender, remove it to a platter and cover with aluminum foil to keep warm. Skim off any fat from the surface of the liquid, and strain the liquid, making sure to remove the bay leaf. Serve the pan juice as is, or to thicken the sauce, bring the liquid to a boil. For each cup of liquid, stir together in a separate bowl and whisk in:





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**1 tablespoon all-purpose flour**

**1 tablespoon unsalted butter, softened**

Simmer, stirring constantly, until thickened. Serve with the beef.

