

BEEF POT ROAST

Equipment:

Measuring Spoons

Measuring Cup

5 Qt. Glass or Microwave safe plastic bowl with cover

Wooden Spoon or High Temp Rubber Spatula

Fine mesh strainer

Ingredients:

2½ - 3 1.25 - lb. short rib or blade

1.5 kg rolled roast

3 onions, quartered 3

2 carrots, cut in pieces 2

2 celery stalks, cut 2 in pieces

1 cup turnip, cubed 250 ml

1 can of tomatoes 1

(19 oz.) (540 ml)

1 garlic clove, minced 1

1 tsp basil 5ml

½ tsp salt 2 ml

Procedure:

1. Put meat with vegetables and seasonings in a 5-quart (5 L) casserole.
2. Cover with lid.
3. Turn roast once halfway through the cooking time.
4. Cook at **P6** 10 minutes, then at **P4** 1½ hours or until meat and vegetables are tender.
5. **To Complete:** Let stand 10 minutes before slicing.

Chefs Tip:

For added flavor, brown the meat in a pan on the stove top and use as the recipe states – be sure to deglaze the pan with any liquid in the recipe to extract every bit of flavor.