



100% Grass Fed Beef and Natural Vegetables
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Spice up your Pot Roasts

I love the aroma and warmth of comfort foods cooking in the winter. Sometimes, though, the standard "pot roast" needs a little perk, and it's time to spice up this winter favorite.

See also notes on braising, below.

Change the seasoning on a pot roast in many ways. Here are just a few ideas:

Italian: Slow cook the roast all day in marinara. See our recipe "Italian Chuck Roast and Pasta".

French: Braise all day in 2-3 c. red wine with garlic, rosemary, thyme, and thinly sliced carrots and onions. At the end, set aside the roast. Strain the liquid, discarding vegetables, and boil down the sauce rapidly to 1/2 volume, then thicken with cornstarch. Slice the roast and pour the sauce over.

Chilean (method very similar to French, above): Braise roast all day in 1 c. red wine plus 2 c. beef broth or water with garlic, bay leaf, 1-2 tsp. dried and ground aji amarillo chilies, and thinly sliced mushrooms, carrots and onions. At the end, set aside the roast. Strain the liquid, discarding vegetables, and boil down the sauce rapidly to 1/2 volume, then thicken with cornstarch. Slice the roast and pour the sauce over.

Sweet and Spicy: Place sweet potatoes and regular potatoes in the bottom of a crock pot. Lay roast on top. Smother with 1 cup salsa plus 1 cup Hoisin sauce. Add a little garlic powder. Braise on low all day.

Teriyaki: This one is super fast for a rushed morning prep. and minimal morning clean-up, an excellent recipe for top or bottom round steaks. Rub a little flour into both sides of each steak. Do not brown the meat first. Place top round steaks in pot for braising. Add 1/2 cup teriyaki sauce, 1/2 cup orange juice, 1/2 tsp. crushed red pepper flakes, generous amounts of garlic powder, 2 Tbsp. sugar, and 1 tsp. grated orange peel. Braise on low all day.

However you choose to jazz up your roast, remember to always choose the right cut.

Chuck Roast is your "fall apart" roast, and ours almost always come with a bone to flavor the broth.

Brisket and Tri-tip are generally smaller, boneless cuts that braise well.

Sirloin Tip roasts are leaner, so may not be quite as tender as Chuck, but they braise very well, and are much better than Chuck for slicing and nice presentation.

Round: we sell top round as a "steak", which simply means "smaller and thinner" than a roast, and many of you also have bottom round and eye of round in your custom beef. All these cuts of round are excellent choices for braising, do well in these recipes, and the "steak" cut is a great size for 2-3 people.

How to Braise - Follow this basic method:

First, thaw your beef in the refrigerator for about 2 days.

Optional Step: Browning is optional and takes a few extra minutes, but creates a wonderful crusty outer layer on your meat. To brown your roast, heat a frying pan to medium-high on the stove top. Add a couple of tablespoons of oil or fat to the pan. Add the roast, and brown on all sides, allowing

each side to form a nice, richly brown crust before turning again. Remove roast to crock pot (if braising in a Dutch Oven, you may brown the roast right in the Dutch Oven).

Braising:

Braising means barely simmering over low heat, covered, with moisture, for a long time. Stoves are generally too hot for braising meat - use a crock pot or oven. If you braise in the oven, use a Dutch Oven or deep baking pan with tight fitting lid to hold in the moisture.

For best results, allow your roast to braise long and slow.

- Crock Pot: cook on "low" setting for 8-10 hours.
- Tightly covered casserole or Dutch Oven: 225-250 in an oven for 8-10 hours.

If you are in a hurry, you may braise at high heat for 4-5 hours, but the meat will not be as tender.

High heat here means the "high" setting on a crock pot, or 275-300 in an oven. Rushing a chuck roast is not a good idea; round or sirloin tip generally work best when braising at higher temperatures.

At the end of the cooking time, remove your roast from the pan, and allow it to "rest" at room temperature for 10-15 minutes before slicing. Use this time to finish a sauce or side dishes.

However you spice up your roasts, enjoy the savory goodness of grassfed beef!