

# PERFECT POT ROAST

## DELICIOUS AND DONE IN 3 EASY STEPS!

Following the steps below, using the traditional cooking method of braising the pot roast in the oven or on the stovetop, will guarantee a perfect pot roast every time.

- 1** In a heavy pan, slowly brown beef on all sides in small amount of oil over medium heat. Pour off drippings.
- 2** Season beef with herbs or spices, as desired. Add 1/2 to 2 cups of liquid (such as broth, water, juice, beer or wine) and bring to a boil.
- 3** Cover tightly and simmer gently over low heat on top of the range or in a preheated 325°F oven until beef is fork-tender. *The cooking liquid may be thickened or reduced for a sauce, if desired.*

You can also use a **slow cooker** which requires less liquid than conventional braising because less liquid is lost during cooking in a slow cooker. Choose a compact, uniformly shaped roast and follow the manufacturer's cooking instructions.



### YANKEE POT ROAST

3 TO 3-1/2 HOURS

- 1 boneless beef chuck pot roast (arm, shoulder or blade) (2-1/2 lb)**
- 1/3 cup all-purpose flour**
- 1 Tbsp vegetable oil**
- 1 can (14 to 14-1/2 oz) beef broth**
- 1/2 cup dry red wine**
- 1-1/2 tsp dried thyme**
- 2 pkg (16 oz each) frozen stew vegetable mixture**

1. Combine flour and 3/4 tsp each salt and pepper. Lightly coat beef pot roast with 2 Tbsp flour mixture. Heat oil in stockpot over medium heat until hot; brown pot roast.
2. Mix remaining flour mixture with broth, wine and thyme until smooth. Add to pot; bring to a boil. Reduce heat; cover tightly and simmer 2 hours. Add vegetables; bring to a boil. Reduce heat; simmer, covered, 30 to 45 minutes or until beef and vegetables are fork-tender. Skim fat.
3. Carve pot roast; season with salt. Serve with vegetables and sauce.

**6 servings**

### TANGY BBQ BEEF SANDWICHES

2-3/4 TO 3-1/4 HOURS

- 1 boneless beef chuck pot roast (arm, shoulder or blade) (2-1/2 lb)**
- 2 tsp olive oil**
- 1 can (14 to 14-1/2 oz) beef broth**
- 2 Tbsp minced garlic**
- 1-1/2 cups barbecue sauce**
- Rolls, split**

1. Heat oil in stockpot over medium heat until hot; brown beef pot roast. Sprinkle with salt and pepper.
2. Add broth and garlic; bring to a boil. Reduce heat; cover tightly and simmer 2 to 2-1/2 hours or until beef is fork-tender.
3. Remove pot roast; cool slightly. Skim fat; reserve cooking liquid. Shred pot roast with 2 forks.
4. Combine beef and barbecue sauce in saucepan. Cook and stir over medium heat 8 to 10 minutes, adding cooking liquid as needed to keep beef moist. Serve in rolls.

**6 servings**

### SENSATIONAL SIDE DISH – GARLIC-ROASTED VEGETABLES

8 to 10 servings

- 1 large whole bulb garlic**
- 3 medium potatoes, quartered**
- 4 small onions, halved**
- 6 plum tomatoes, halved**
- 2 medium zucchini, sliced (3/4-inch)**
- 2 Tbsp olive oil**
- 1 tsp dried Italian seasoning**
- 1/2 tsp cracked black pepper**
- 1/2 cup grated Parmesan cheese**

1. Cut off top of garlic bulb, cutting through tip of each clove; wrap bulb in foil.
2. Combine remaining ingredients except cheese in large bowl; toss.
3. Place garlic, potatoes and onions in jelly roll pan. Roast in oven for 30 minutes.
4. Add tomatoes and zucchini to pan; roast 15 more minutes or until vegetables are tender.
5. Squeeze garlic pulp over vegetables; mix.
6. To serve, sprinkle with cheese and salt.

# POT ROAST CONSUMER TIPS

## POT ROAST TIPS

Pot roasts come from the more heavily exercised chuck and round sections. Consequently, they are less tender but more economical. Pot roasts require moist heat — braising — to tenderize the meat and to develop the natural beef flavors.

Treat your family to these simply delicious recipes and turn any night of the week into a celebration! Visit [www.BeefttsWhatsForDinner.com](http://www.BeefttsWhatsForDinner.com) for more recipe ideas and tips.



## SMART SHOPPING WHICH CUTS?

- Commonly available beef chuck pot roasts are shoulder, chuck arm, chuck blade and chuck 7-bone. Chuck pot roasts have more marbling, and therefore more flavor, than those from the round.
- Beef round roasts suitable for pot roasting are round tip, round rump, bottom round and eye round roasts.
- Most beef round and chuck pot roasts can be used interchangeably, with only slight adjustments in cooking time. Take advantage of this fact if the cut specified in the recipe is not available, or when certain cuts are on special in the meat department.
- Beef brisket, a boneless cut available both fresh and corned, also requires moist heat. Brisket cuts include whole brisket, point half/point cut, flat half/flat cut and middle cut. The flat half is often referred to as first cut or thin cut; it has less fat and is sometimes considered more desirable.

## HOW MUCH TO BUY?

- Boneless beef chuck pot roasts will yield 3 (3-ounce) servings of cooked, trimmed beef per pound. Bone-in beef chuck pot roasts will yield 2 to 2-1/2 (3-ounce) servings of cooked, trimmed beef per pound.
- Beef round roasts will yield 3-1/2 to 4 (3-ounce) servings of cooked, trimmed beef per pound.
- Beef brisket and corned beef brisket will yield 2-1/2 to 3 (3-ounce) servings of cooked, trimmed beef per pound.



## COOKING TIPS

### PREPARE BEFORE COOKING:

- To preserve juiciness, leave a thin layer of fat on pot roast. Trim fat after cooking.
- Pat pot roast dry with paper towels to promote browning.
- Use flour, seasoned with salt, pepper and herbs, to lightly coat beef before cooking, if desired. The coating helps seal in flavor and moisture and is especially suitable with lean beef round roasts. (Corned beef is not usually coated with flour.)

## BRAISING BASICS

- Brown pot roast slowly, over medium heat, to develop rich color and flavor. Use a heavy pan and a small amount of oil. (Corned beef is not usually browned.)
- Use a small amount of liquid — 1/2 to 2 cups is usual. Good choices include water, broth, wine, beer, fruit or vegetable juice or a combination of liquids.
- Bring liquid to a boil then quickly reduce heat to a level that just maintains a slow simmer.
- Cover pan tightly to retain the steam that will tenderize the beef. Don't lift the cover unnecessarily to turn the pot roast or to stir.
- Simmer gently. Low heat keeps beef moist and promotes tenderness. Boiling will dry and toughen the pot roast.
- Pot roasts may be braised on top of the stove or in a preheated 325°F oven.
- Pot roasts can be braised in oven cooking bags. Follow package directions.
- Pan juices from braising are very flavorful. Thicken them with flour or cornstarch, or cook over medium-high heat to reduce to sauce consistency and serve with pot roast.



## DETERMINING DONENESS

- Simmer until pot roast is fork-tender. To test, insert a utility fork into thickest part of the pot roast. When the fork can be inserted without resistance and then releases easily when pulled out, the pot roast is done.
- Don't overcook. Cooking beyond the fork-tender stage can result in dry, stringy beef.

## CARVING CUES

- Carve chuck pot roasts into thin to medium slices.
- Carve round roasts into thin slices.
- Carve brisket and corned beef diagonally across the grain into thin slices.

