

Recipe For:

Pot Roast: A Tribute to Mothers and Grandmothers

Recipe courtesy of Dorothy Moore (Meredith's mother)



Ingredients

- 4 lbs.** Stonecrest Farms boneless chuck roast
- Salt & Peppered** (to taste) flour for dredging
- 2 tbsp.** vegetable oil
- 2** local carrots, washed and chopped
- 2** small onions, 1 chopped and 1 quartered
- 6 slices** local bacon, chopped
- Salt and pepper** to taste
- 3** local red potatoes, chopped
- 1** local sweet potato, chopped
- 8** whole cloves of garlic
- 1 tsp.** chopped fresh thyme
- 2 cups** of whole button mushroom rooms, end of stem removed
- 2 cups** homemade beef stock (see Stonecrest Farms beef stock recipe)
- 1 ½ cups** red wine

Preheat oven to 350°. In an oven-safe Dutch Oven heat vegetable oil on the stove over medium high heat. Dredge roast in salt and peppered flour, covering all sides of the roast. Brown the roast on all sides in the heated oil. Remove roast and set aside. Add chopped carrots, chopped onions and chopped bacon to the Dutch Oven. Sprinkle with salt and pepper to taste. Sauté all until tender. Scrape bits from pan while sautéing. Add a ¼ cup of the beef stock to prevent sticking and burning to the pan. Add roast back to pan. Add potatoes, garlic, quartered onion, thyme and mushrooms. Pour beef stock and wine over the roast and vegetables to cover. Place lid. Braise in oven for 2 ½ hours. Serve with a steamed, fresh, local vegetable or greens. Enjoy!

Serves 5-6

