



FARMERS MARKET

37685 South Gratiot – Clinton Township, MI 48036 – 586.469.2525

Perfect Pot Roast –

- 3 ½ lbs. beef rump roast, rolled and tied**
- 1 tsp. freshly ground black pepper, to taste**
- 3 tbl. olive oil**
- 1 ½ to 2 cups beef stock**
- 2 cups dry red wine**
- 1 bunch of parsley, chopped fine, set aside additional for garnish**
- 1 tsp. salt**
- 7 whole cloves**
- 2 ½ cups coarsely chopped yellow onions**
- 2 cups peeled carrot chunks, 1-inch chunks**
- 8 medium-size potatoes, scrubbed and cut into thirds**
- 2 cups canned Italian plum tomatoes, with juice**
- 1 cup diced celery**

1. Preheat oven to 350°

2. Rub roast with black pepper. Heat olive oil in a heavy flameproof casserole or Dutch oven and sear roast for several minutes on each side, browning well.

3. Pour in stock and wine and add parsley, 1 tsp. salt, 1 tsp. black pepper and the whole cloves. Stir in onions, carrots, potatoes, tomatoes and celery. Liquid in casserole should just cover vegetables, Add additional beef stock if necessary. Bring to a simmer on top of the stove, cover and bake in center of oven for 2 ½ hours.

4. Uncover and cook longer, until meat is tender, about 1 ½ hours, basting frequently.

5. Transfer roast to a deep serving platter and arrange vegetables around it. Spoon a bit of sauce over all and garnish the platter with parsley. Pass additional sauce in a gravy boat.

Credit: Silver Palate Cookbook