

Beyond the basics

Here are some simple pot roasting recipes and tips to enjoy Pot Roasts more often.

Slow Cooker Pot Roast:

Transfer browned meat and flavouring vegetables to slow cooker. Reduce cooking liquid by a third to a half and cook according to slow cooker instructions.

Barbecue-style Pot Roast:

Combine 1 pkg (38.5 g) onion soup mix, 3 onions (sliced), 1 cup (250 mL) barbecue sauce, 1 bottle beer and 1/2 cup (125 mL) water. Pour over browned pot roast in pot and cook.

Easy Mushroom Pot Roast:

Use 3 cloves garlic (minced) and 1 onion (cut into wedges) as flavouring vegetables. Deglaze pot with 1/4 cup (50 mL) red wine. For cooking liquid, use 1 can condensed mushroom soup (diluted) and add 1/2 cup (125 mL) dried mushrooms (if desired). Add browned roast; cook, using 1 cup (250 mL) EACH diced green beans and quartered fresh mushrooms for vegetables.



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Roast Beef Cooking Lessons

Slow-simmer Pot Roasts



Ever-tender, always delicious. Beef Pot Roast



Pot roasting or braising is simple. Long, slow cooking yields an irresistibly tender roast from some of the most economical and flavourful cuts of beef.

Pot roasts make one-pot meals. Once the roast is simmering, the work is done, with little to clean up. For the ultimate convenience, use a slow cooker to simmer all day while you're busy with other things.

It's so easy. Just brown meat and flavourings, add liquid, cover and slow-simmer with some vegetables – that's all there is to it!

Get ready

Start with a 3 to 4 lb (1.5 to 2 kg) Beef Pot Roast such as: Blade, Cross Rib, Top Blade, Bottom Blade, Shoulder or Brisket
Use a heavy deep pot with tight-fitting lid, such as a Dutch oven or pasta pot.



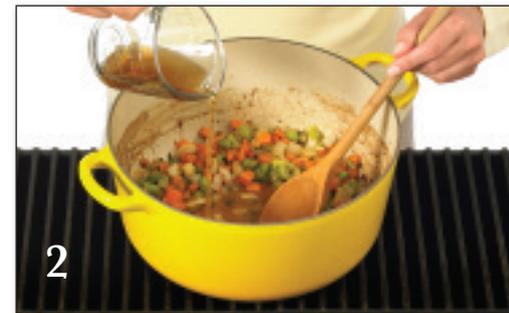
Step by step to succulent pot roast



Browning

Pat roast dry and season all over.
Brown roast in 2 tbsp (30 mL) hot vegetable oil, searing on all sides in Dutch oven over medium-high heat for 8 to 10 minutes, turning often with tongs. Remove roast to plate.
Add flavouring vegetables to pot, using 1 cup (250 mL) diced vegetables, such as carrot, celery, onion and garlic. Cook over medium heat until lightly browned, adding more oil if necessary.

Cook's Notes: Searing intensifies the rich beefy flavour. If vegetables are scorching, add splash of water to the pot.



Deglaze pot; add liquid

Stir in 1/4 cup (50 mL) broth or red wine, scraping up any browned bits from bottom of pot (known as deglazing).
Stir in 1 to 2 cups (250 to 500 mL) cooking liquid, such as broth, canned tomatoes, soup or broth/red wine blend. Return roast to pot. (See "Beyond the basics" for slow cooker option.)

Cook's Notes: Cooking liquid should be less than one-third up side of the roast. Too much liquid can create a weak-flavoured sauce.



Pot roast 2 hours; add vegetables

Cover tightly with lid. Simmer on stove-top over low heat or in 325°F (160°C) oven for 2 hours, maintaining constant simmer (topping-up liquid if pot cooks dry).
Turn roast over. Scatter 3 to 4 cups (750 mL to 1 L) chunks of vegetables such as mushrooms, green beans, potatoes, parsnips, winter squash or carrots, around roast.

Cook's Notes: If lid is too loose, seal with layer of foil or parchment paper between lid and pot.

Oven cooking is best to maintain constant simmer.



Cook until fork-tender; finish the sauce

Cook an additional 45 minutes to 1 hour until vegetables and meat are fork-tender. Meat is fork-tender when it gives way when lifting roast with fork.
Remove roast and vegetables to platter; tent with foil.
Strain sauce (if desired) and skim off any surface fat. Return sauce to pot.
Taste; if flavour is weak, simmer vigorously to reduce.
Finish sauce by stirring in 1 to 2 tbsp (15 to 30 mL) chopped fresh parsley and/or heavy cream, balsamic vinegar or red wine. Season to taste. Thicken with cornstarch if desired.

Cook's Notes: To thicken with cornstarch, gradually stir together equal amounts of cornstarch and cold water. (Note: 1 tbsp/15 mL cornstarch thickens 1 cup/250 mL liquid.) Whisk into sauce and bring to boil, cooking just until thickened.