

7-HOUR BRANDIED BEEF ROAST

Cooking time: Prep-25 min. Oven 7 hrs.

*With grass-fed beef, it's all about cooking **low** and **slow**.*

- 4-5 lb. grass-fed arm or chuck roast
- 1-2 tsp canola oil or olive oil
- 1 cup dry white or dry red wine, or part wine and part beef broth
- Bay leaf
- Salt and pepper to taste
- 12" or larger, covered cast iron skillet, casserole or 5 or 6-qt dutch oven

Cooking Instructions

- Preheat oven to 300 degrees F. While the oven is heating, pat the thawed roast dry and season liberally with pepper.
- Heat oil in skillet over medium high heat and sear the roast quickly on all sides. This should take about 2-3 minutes per side. If using olive oil, keep an eye on it; it'll smoke over high heat. Remove roast from pan and set aside.
- Pull the skillet off the heat and add wine, or a combination of wine and beef broth. Use wooden spatula to scrape browned bits from pan bottom. Return roast to pan. Liquid should only about 1/2-inch deep.
- Add bay leaf. Return roast to the pan.
- Cover the pan, place in oven and reduce heat to 250 degrees F. Braise for 6 hours. (For quicker results, keep the heat at 300 degrees and braise for 4 hours.)
- Remove pan from oven. Allow to rest - covered - for five minutes before carving and serving.

Serve with cooked vegetables, roasted or baked potatoes, and a tossed salad.

Idea: Cut carrots and potatoes into 2" pieces and roast for 1 1/2-2 hours.