

FORK-TENDER BEEF ROAST

Cooking time: Prep-25 min. Oven 3-4 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
- 1/2-1 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. Cover the pan, place in oven and braise for 4 hours. (To extend the oven time, lower the heat to 200-250 degrees F. and roast 6 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: Roast veggies while the oven's hot. Cut carrots and potatoes into 2" pieces. Quarter onion. Toss all with olive oil to coat. Sprinkle liberally with pepper, thyme, basil, or your favorite combination. Dust with chili powder. Place in 9x13 pan and loosely cover with foil. Bake for 1-1/2 to 2 hours or until browned and tender. Will take longer at lower temps.

BULLBROOKKEEP.COM

Order online