



DINNER FOR ONE

# SLOW-COOKED ROAST

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IT'S ONE OF MY FAMILY'S TRADITIONAL MEALS, AND SO IT'S EXTRA SPECIAL FOR ME WHEN I MAKE IT..IT FEELS LIKE COMFORT, AND IT'S ALSO SURPRISINGLY EASY TO MAKE!

## INGREDIENTS:

- SALT
- PEPPER
- WATER
- 1 CARTON OF BEEF STOCK
- WORCESTERSHIRE SAUCE
- CORNSTARCH
- OLIVE OIL

## THE RECIPE:

- YOU'LL WANT TO GET YOUR PAN REALLY HOT (SMOKY HOT) AND ADD IN SOME OLIVE OIL
- WHILE IT'S HEATING, ADD SALT AND PEPPER ON BOTH SIDES OF YOUR ROAST
- SEAR ALL SIDES (INCLUDED EDGES) OF THE ROAST IN THE DUTCH OVEN YOU'LL COOK IT IN (TO KEEP IT SIMPLE AND LOCK IN THE MOISTURE OF THE ROAST)
- I SEAR FOR ABOUT 2 MINS ON EACH SIDE UNTIL IT HAS A LITTLE CRISPED SEAR LOOK TO IT
- ADD WORCESTERSHIRE SAUCE TO BOTH SIDES (ALWAYS GENEROUSLY)
- THEN, CUT THE HEAT AND ADD IN YOUR BEEF BROTH AND WATER UNTIL IT COVERS A LITTLE LESS THAN 3/4 OF THE MEAT (THIS IS FOR YOUR GRAVY AND FLAVOR)
- THEN, COVER IT, AND PLACE IN THE OVEN AT 300 OR 350 DEGREES AND LET IT ROAST FOR AT LEAST 3 HOURS, BUT IT'S BEST AND MOST TENDER AT 4!
- WHEN YOU TAKE IT OUT, REMOVE YOUR ROAST FROM THE JUICES AND LET REST
- THEN, YOU'LL MIX 1 PART CORNSTARCH (ABOUT 1.5 TBSP) AND SOME WATER...I EYEBALL THIS, IT'S REALLY HARD TO MESS UP – MOST TIMES I FILL AN 8 OZ GLASS OF WATER WITH IT!
- THEN YOU'LL WANT TO BRING THE JUICES TO A SLOW BOIL, CUT THE HEAT, AND SLOWLY POUR WHILE YOU STIR UNTIL YOUR GRAVY THICKENS!

ENJOY!