

French Pot Roast a la Mode

Author: Adapted from an ancient newspaper clipping, circa 1970.



3 pounds beef chuck roast, trimmed of exterior fat
 2 medium red onions, peeled, wedged
 3 whole carrots, peeled, cut in big chunks
 1 stalk celery, cut in 2-3 pieces
 3 whole garlic cloves, peeled, smashed
 2 teaspoons dried thyme, crushed in between your palms
 2 whole bay leaves
 1 teaspoon salt
 2 cups red wine
 1 teaspoon beef soup base, or bouillon cubes
 1/4 cup brandy
 Salt and freshly ground black pepper
 1 1/2 tablespoons tomato paste
 2 tablespoons cornstarch, or other thickening agent
 3 tablespoons Italian parsley, minced
 5 large baking potatoes, made into mashed potatoes
 2 cups mushrooms, sliced, sautéed in olive oil and butter

Per Serving (excluding unknown items): 734 Calories; 36g Fat (49.1% calories from fat); 41g Protein; 43g Carbohydrate; 5g Dietary Fiber; 131mg Cholesterol; 585mg Sodium. Exchanges: 2 Grain(Starch); 5 Lean Meat; 2 Vegetable; 4 Fat.

Carolyn T's Tasting Spoons blog:
<http://tastingspoons.com>

Description: Easy pot roast, full of flavor, baked in foil in the oven for hours.

Notes: If you'd prefer to have roasted potatoes too, remove the foil sealed pouch and pan about 1 hour before it's done and add potatoes to the mixture. Seal back up and continue roasting. I prefer this with mashed potatoes.

1. Preheat oven to broil. Place two layers of heavy-duty foil in a 9x13 roasting pan. Leave long ends (or seal two long pieces together to make one larger piece). Make an interior nest with the foil.
2. Place the chunk of beef in the middle of the foil. Prepare onions, carrots and celery and nestle them around the outside of the meat.
3. Broil the meat on one side, until it's golden to dark brown, watching so the vegetables don't burn. Turn roast over, and the vegetables too, and broil the other side until it's brown. Remove from oven and add all other ingredients to the roast. Seal carefully, rolling ends in to completely seal up the meat. Turn oven temp to 300°.
4. Place meat, in the roasting pan, in oven and bake for about 3 hours.
5. Open the pouch and using a strainer, pour out the juices into a small saucepan. Seal up the meat and veggies and place them back in the oven (turn off the oven).
6. Taste the sauce and check seasoning. Mix the cornstarch with a little bit of water and add to the sauce as it's heating up over medium heat. Cook until it's a thin-gravy consistency, then pour into a small pitcher.
7. During the last 30 minutes of baking, separately prepare the potatoes and mushrooms.
7. Discard the vegetables in the packet (they're tasteless from such a long roasting time). Garnish with Italian parsley and serve.