



Pot Roast

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Start to Finish Time: 9 hours

Preparation Time: 45 minutes

Crock Pot: 5 hours

Categories: Main Dish - Crockpot

Servings: 8

Description: A great comfort food.

Ingredients

1 5 lbs Beef Rump Roast or larger, or one of your choice

1 env Onion Soup Mix, Knorr or Lipton

1 T Garlic Powder

1 t Sea Salt

1 t fresh ground

Tellicherry Black Pepper

10 med washed fresh

Heirloom Baby Carrots.

Do not peel

5 med washed fresh

Yukon Gold potatoes,

skin on

8 baby Turnips, root end removed and tops

removed. Do not peel

1 med Red Onion, large

cut

4 c fresh Beef Stock or Buffalo Stock

1 c Red Wine

6 sprig fresh Thyme

1 sprig fresh Rosemary

4 sprig fresh Mexican

Oregano

3 T unsalted Butter

3 T All-Purpose Flour

Directions -

In a small bowl, combine onion soup mix and garlic powder into one uniform dry mixture. Rinse roast with water and pat dry. Stab the beef using a penetrating meat tenderizer tool or the tines of a fork, puncturing many times over all surfaces of the meat. This step is important. Rub all surfaces of the meat with the dry spice mixture. Put leftover spice rub into the slow cooker liquid.

Place the roast with the rub on it, in a zip lock bag and seal. Place in a refrigerator for 8 - 24 hours. Remove from the refrigerator 1 hours before placing in the slow cooker to bring to room temperature.

Pour the beef stock, or buffalo stock, in the slow cooker. Add the wine. Add the remainder of the spice rub to the liquid. Tie the thyme, rosemary and oregano sprigs in a bunch and place in the liquid. Place the turnips, carrots, onion and potatoes in the liquid. Place the roast on top of the vegetables.

Put the lid on the cooker and set the temperature to High for 2 hours. After 2 hours, turn the temperature to Low and cook for another 4 - 5 hours. The meat should be falling off the bone and the potatoes and carrots should be cooked but not mushy.

Remove the meat and vegetables to a large platter. Cover and let rest for at least 10 minutes. In the meantime, in a large pot, melt the butter. When melted, add the flour and mix to make a roux. Add about 2 cups of the slow cooker liquid and stir to blend. When thoroughly mixed, add the rest of the liquid and thoroughly mix. Raise the temperature to a fast simmer and stir until thickened. Serve over the Pot Roast and the Vegetables.