

Chef from the Hood Recipes



Chef:

Chef Dan Berman, Pacific Market's Culinary Director

Restaurant:

Pacific Markets

Recipe:

Pot Roast of Beef, In Honor of Chef James Beard



Pacific Market's Culinary Director, Chef Dan Berman says, "There has never been a better Yankee style pot roast than the one made famous by the late, great James Beard. Though there are hundreds of recipes out there, I was inspired to recreate his recipe for our customers to try. It's simple, classic, delicious... everything you want from a pot roast! If you don't want to cook this pot roast yourself, stop into any Pacific Market. We'll have it ready to go, this week."

Recipe serves 10.

Pot Roast of Beef, In Honor of Chef James Beard!

Ingredients:

- 1/2 head of Romaine lettuce
- 4 to 5 pounds beef rump, chuck, or round
- flour for rubbing roast (King Arthur)
- 4 tablespoons unsalted butter (Clover)
- 4 tablespoons vegetable or olive oil (Spectrum)
- 1 trimmed onion stuck with 2 cloves
- 1 bay leaf (Morton & Bassett)
- 1 teaspoon fresh ground pepper
- 2 tablespoons salt (Sea Star)
- 1 & 1/2 teaspoons thyme
- 1 cup beef stock (Imagine)
- 6 carrots, peeled & cut into medium size pieces
- 12 small white onions
- 2 turnips, peeled & cut into medium size pieces
- beurre manie (optional) (in traditional French cooking, small balls of soft butter and flour are kneaded together, then used as a thickener in stews and sauces)
- boiled potatoes, with or without their jackets to serve with pot roast

To prepare:

Rub roast with flour. Heat butter and oil in a large pot or Dutch oven. Brown meat slowly on all sides in the hot fat. When it is well colored, add onion, seasonings and stock. Reduce heat. Cover the pot and simmer atop the stove or in a 300 degree oven. Continue cooking for about 2 hours. Test the meat - if it is on the way to being tender, add the vegetables. Cover again and continue cooking until meat is tender and vegetables are cooked. If vegetables cook too quickly, transfer them to a hot dish and keep warm.

When roast is finished, remove from pot and keep warm. Skim excess fat from sauce in the pot and, if you wish, thicken it by whisking beurre manie into sauce until it is the thickness you desire (a little goes a long way!). Taste for seasoning. Mix roast, vegetables and sauce back together. Serve roast and vegetables with plain boiled potatoes, adding sauce as desired.