

Pot Roast

Use a 3 to 5 lbs chuck roast for 4 to 8 servings. Bone in is preferable if it's available, for the best flavor.

Put 4 tbs of vegetable oil into a roasting pot. Apply medium to high heat to get the pot hot enough to sear the meat. Brown

Brown the meat for 10 minutes on each side. It should really sizzle during this process. The browning is what creates the sauce or gravy, later on. If it seems to be really burning, you've got it too hot, but it probably won't hurt a thing, this process is really forgiving.

Turn heat to low and let the whole thing cool for about 5 minutes, then add enough beer to 1/2 cover the roast (water can be used in an emergency). If you're eventually going to make soup try using more liquid, enough to almost cover the meat.

Add 1 package of Lipton's savory herb with garlic, straight out of the envelope.

Add one tbs of salt and one tbs of pepper.

Keep this mixture bubbling slowly on low heat for a minimum of 4 hours, 6 is better. Add more beer (or water) as necessary to keep the level as directed.

Once this mess is simmering, peel and wash 4 medium potatoes and 5 big carrots. If your making soup, cut carrots and potatoes into bite sized chunks, if you're going to serve as a roast, cut carrots about 2 or 3 inches long and just quarter the potatoes.

If you're making soup, add the vegies about 1 hour before you're finished simmering the meat. Otherwise add the vegies about 2 hours before you're done simmering.

15 minutes before serving, remove meat to a serving platter, garnish with carrots and potatoes.

Put a 1/4 cup of flour into a small jar for which you have a sealing lid. Fill half way with cold water and shake until the flour is dissolved. This takes time and energy, but don't be impatient, it's very important the the flour be completely dissolved.

Slowly stir the flour slurry into the meat sauce that should still be simmering on low heat. Again, mix thoroughly. Add 1/2 tsp of Kitchen Bouchet for color, if desired. Simmer for 15 more minutes.