

When ordering a fore-quarter of beef for the freezer, ask the butcher to roll up part of the rib end of the chuck into a pot roast.

Even if you don't bulk buy beef, order a chuck pot roast anyway.

Chuck is usually used diced as a stewing meat, but its excellent flavor makes it an ideal meat for a pot roast.

If the beef is yearling, this rib section of the chuck can be dry roasted.

Pot roasts are an excellent means of cooking a large piece of meat for a special dinner or family meal. Any left over can be sliced, well covered with remaining sauce and stored in the freezer for another meal.

Sauerbraten

- 2 kg chuck pot roast
- 2 tablespoons butter
- 1 onion, chopped
- 2 carrots, quartered
- 2 tablespoons flour
- 1½ tablespoons brown sugar

MARINADE:

- 1 cup dry red wine
- ½ cup vinegar
- ½ cup water
- 2 teaspoons salt
- ½ teaspoon whole peppercorns
- 1 large onion, sliced
- 1 large carrot, sliced
- ½ cup chopped celery
- 4 thin slices lemon
- 2 bay leaves
- 4 parsley stalks
- ¼ teaspoon whole allspice
- 4 cloves

Wipe meat with a damp cloth and place in a china or glass mixing bowl. Blend marinade ingredients in a saucepan and bring to boil. Cool and pour over meat. Cover and leave in refrigerator for three days, turning meat twice each day.

Lift meat from marinade and dry. Heat butter in a heavy pan and

Take pot luck

brown meat on all sides. Remove to a plate.

Add chopped onion to pan and saute until soft. Stir in flour and cook two minutes.

Remove lemon slices and parsley stalks from marinade and discard. Pour marinade into pan, stirring until sauce thickens. Add brown sugar and quartered carrots and return meat to pan. Cover and simmer gently for 2½ hours until meat is tender.

Remove meat and quartered carrots and keep warm.

Strain sauce into a clean pan and press flavoring vegetables through sieve into sauce. Reduce over high heat until about two cups sauce remains. Adjust flavor with seasoning and sugar.

Return meat and carrots to pan to heat through if necessary.

Carve meat into slices and serve with the sauce, carrots, buttered noodles or potato dumplings and steamed red cabbage.

Fruited pot roast

- 2 kg chuck pot roast
- 1 tablespoon butter or dripping
- 1 large onion, chopped
- ½ cup water
- ¼ cup apple cider
- salt and pepper
- ½ cup dried apricots
- ½ cup prunes
- 500 g sweet potatoes, peeled and sliced.

Brown meat on all sides in hot dripping or butter.

Add chopped onion and cook until lightly browned.

Add water, apple cider and salt and pepper to taste. Cover and simmer gently for 1½ hours.

Arrange apricots, prunes and sweet potato around meat and simmer for further hour.

Place meat with fruits and sweet potato on serving platter and keep warm. Skim fat from sauce and reduce if necessary. Slice meat and spoon some sauce over it, serving remainder separately.

Spiced pot roast

- 2 kg chuck pot roast
- 2 tablespoons butter or oil
- 1 large onion, sliced
- 1 clove garlic, crushed
- 1 cup tomato puree
- 3 strips orange rind
- 1 teaspoon sugar
- salt and pepper
- ½ teaspoon nutmeg
- 5 cm piece cinnamon stick
- 1 small onion studded with three cloves

Brown meat on all sides in heated butter or oil. Lift out and keep aside.

Add onion and garlic to pan and saute gently until onion is soft.

Add remaining ingredients and bring to the boil.

Reduce heat, return meat to pan, spoon sauce over top and cover tightly.

Simmer gently for 2½ hours or until meat is tender.

Remove and discard clove-studded onion and orange rind.

Slice pot roast, and spoon some sauce over slices, serving remainder separately.



Sauerbraten is a tasty way of serving a rolled roast. It not only makes a satisfying evening meal but any leftovers may be used for cold lunches or snacks.