

Pot Roast with Vegetables

8 Servings

Amount	Size	Description
2 – 3	Lbs.	Beef Roast
3 – 4	Tbl	Old Norse World Cuisine Steak Seasoning
3 – 4	Tbl	Old Norse World Cuisine British Onion
4	Tbl	Unsalted Butter
2	Large	Sweet Onions – Cut into Rings
5	Large	Carrots – Cut into Large Julienne
5	Large	Russet or Red Potatoes – Each Cut into Cubes
3	Cups	Beef Stock
4	Tbl	Unsalted butter for Gravy
4	Tbl	Unbleached flour

Instructions

- 1) Preheat the oven to 275 degrees.
- 2) Let the roast sit out for an hour or two to allow it to reach room temperature.
- 3) Season both sides and the edges with Old Norse Steak Seasoning.
- 4) Heat a cast iron skillet on medium high heat and melt 2 Tbl of butter.
- 5) Place the roast into the skillet and brown the first side.
- 6) After a minute or two, flip the roast and brown the opposite side.
- 7) Add another Tbl of butter if needed.
- 8) Place in a roasting pan and add the cut carrots and potatoes with the beef stock.
- 9) Liberally sprinkle the British Onion Spice Blend over the roast and vegetables
- 10) Place the pan into the oven and cook for 2 ½ to 3 hours. Test the internal temperature after 1 ½ hours and every 30 minutes thereafter until 140 degrees.
- 11) When the roast is done, take out of the pan and rest for 10 minutes.
- 12) If the vegetables are not done, place the roasting pan back in the oven and check every 15 minutes.
- 13) To make the gravy:
 - a) Pour the juices from the roasting pan through a strainer and into a bowl. This will separate the chunks so the gravy will be smooth.
 - b) In a saucepan, melt the butter over medium heat.
 - c) Add the flour and stir until combined.
 - d) Slowly add the strained juices from the roasting pan, ½ cup at a time. Stir until combined, smooth and simmered a few minutes. Continue until the gravy is a nice creamy texture.