

Braised Chuck Roast

1 LARGE CHUCK ROAST
1 CUP FLOUR
COURSE GROUND PEPPER & KOSHER SALT
ROASTED GARLIC POWDER (BADIA BRAND)
2 TSP. DRIED PARSLEY
2 TSP. DRIED BASIL
1 TSP. FRESH ROSEMARY, DICED
OR GROUND ROSEMARY
1 ONION, CUT INTO LARGE PIECES.
1 GARLIC CLOVE
1 STALK CELERY, CUT IN LARGE PIECES.
1 LARGE CARROT, PEELED AND CHOPPED.
2 CUPS CHICKEN STOCK
5 SHAKES WORCESTERSHIRE SAUCE
OLIVE OIL (OR CORN OIL)
1/4 CUP SALTED BUTTER
WATER TO COVER

Set roast out at room temperature for 1 hour. Salt and pepper well on both sides. Dredge with flour and brown on all sides in a preheated skillet with oil. Add garlic powder, parsley, basil, rosemary, garlic, onion, celery, carrots, stock, Worcestershire, and butter. Cover with water and simmer on low for 5-6 hours, until meat is tender enough to separate with a fork. Take out meat and strain broth. Put 1/4 cup flour in a pan with 1/4 cup butter, brown. Finally, add 3 cups of reserved stock and cook until it thickens like gravy.

Tammy's Tip: "Heat herbs in braiser first to enhance the flavors. Take out and start the instructions."

Drop Dumplings for Roasts

2 CUPS SELF-RISING FLOUR

1/4 CUP SHORTENING

OR USE A BISCUIT MIX

BROTH FROM A COOKED ROAST

Cut shortening into flour with a blending fork or pastry blender until shortening is pea size. Add enough roast broth to make a thick dough. Dough should be thick and sticky. It should look be thick enough to drop, like a spoon biscuit dough.

Tammy's Tip: If you want a thick broth in your roast. Go ahead and thicken it before adding dumplings because once the dumplings are added you cannot stir the pot.

Push over roast and vegetables in pot - drop each dumpling by large tablespoon into roast broth. Cover with a lid and let dumplings cook (lid on) for at least 10 minutes. Spoon broth over dumplings to coat them well before serving.



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