

Pressure Cooker Roast

CHUCK ROAST SEASONED WITH:

1/4 CUP BROWN GRAVY MIX

2 TSP. WEBER STEAK-N-CHOP

SALT & PEPPER

1/4 CUP ALL-PURPOSE

OR SELF-RISING FLOUR (WHITE-LILY)

1/8 CUP OLIVE OIL OR COOKING OIL

4-5 SHAKES WORCESTERSHIRE SAUCE

SALT & PEPPER

IF LEAN CUT OF MEAT ADD

1/4 STICK SALTED BUTTER

2-3 CUPS WATER

Remove roast from refrigerator 30 minutes to 1 hour before cooking. If roast is larger than the bottom of your pressure cooker, cut it into two pieces before seasoning and browning. Season roast by sprinkling well with brown gravy mix, steak-n-chop, salt, and pepper. Lightly coat roast with flour. Put oil in bottom of pre-heated cooker and then meat. Brown all sides on Medium/high heat.

Once meat has browned, add 2 -3 cups of water and Worcestershire sauce to roast. Water should be about an inch below top of roast. Bring roast to pressure on medium/high heat. Cook on medium pressure for 40 minutes. Once pressure has released check with a fork to see if it is falling apart done. If not, cook it another 20 minutes on high pressure. Thicken the juices with a mixture of cornstarch and milk as shown at the bottom of page 18.

“When I worked, I always used my pressure cooker to make roasts because it was much faster, and I could have dinner on the table early.” -Tammy