



# WATERCREST



## The Chef's Corner

### Passion for Pot Roast!

Pot roast is an American beef dish, usually prepared from a less tender cut of beef such as chuck or bottom round. It began appearing in cookbooks in the late 19th century, but likely originated much earlier. It is believed that French immigrants brought their "à l'étouffée" (braising) method of tenderizing meats to New England, followed by German immigrants to Pennsylvania and the Midwest, who cooked sauerbraten and marinated roasts that were slow cooked for taste and tenderness.

Preliminary browning of the beef improves flavor. Side dishes served with pot roast can be as creative as one desires; classics like potatoes and carrots, or any variety of vegetables to add textures and flavors to this perfect meal!

From our Chef's Corner to your table, enjoy!

### Chef's Recipe from the kitchen of Chef Nate at Watercrest Winter Park Bavarian Pot Roast

*This recipe has been in Chef Nate's family since the 1950s - from his mother's menu in her restaurant in Stuttgart Germany. Watercrest residents often request it!*

#### Ingredients:

- 2 tablespoons canola oil
- 1 boneless beef chuck roast (3 pounds)
- 1-1/4 cups water
- 3/4 cup beer or beef broth
- 1 can (8 ounces) tomato sauce
- 1/2 cup chopped onion
- 2 tablespoons sugar
- 1 tablespoon white vinegar
- 2 teaspoons salt
- 1 teaspoon ground cinnamon
- 1 bay leaf
- 1/2 teaspoon pepper
- 1/2 teaspoon ground ginger

#### Directions:

In a Dutch oven, heat oil. Brown roast on all sides.

Meanwhile, combine water, beer, tomato sauce, onion, sugar, vinegar, salt, cinnamon, bay leaf, pepper and ginger. Pour over meat and bring to a boil.

Reduce heat; cover and simmer until meat is tender, 2-1/2 to 3 hours.

Remove meat and slice. Discard bay leaf. If desired, thicken pan juices for gravy and serve with your favorite sides.