

Pair with Organic Merlot



Merlot Pot Roast With Horseradish Mashed Potatoes

INGREDIENTS:

One 3 -3 1/2 pound chuck roast (tied, fat trimmed, boned)
1 tbl butter or olive oil
3 carrots, rinsed and peeled
1 onion, peeled and chopped
2/3 cup chopped celery
3 cloves garlic, minced or pressed
1/2 tsp dried thyme
1 dried bay leaf
1 cup Merlot
1/3 cup canned tomato paste
5 1/2 tbl cornstarch
Fresh-ground pepper
Salt to taste

INSTRUCTIONS:

Rinse beef, pat dry, and sprinkle generously with fresh-ground pepper. Melt butter in a 10 to 12-inch nonstick frying pan over high heat. When hot, add beef and brown well on all sides, 6 to 8 minutes.

Meanwhile, cut carrots into sticks about 3/8 inch thick and 2 inches long. In a 4 _ quart pot, combine carrots, onion, celery, garlic, thyme, and drippings. In a small bowl, mix wine and tomato paste; pour over meat and vegetables.

Cover and cook until beef is very tender when pierced, 8 to 9 hours on low, 5 to 6 hours on high. If possible, turn meat over halfway through cooking.

With 2 slotted spoons, transfer meat to a platter; keep warm. Skim and discard any fat from cooking liquid. Turn cooker to high. In a small bowl, blend corn starch with 1 _ tablespoons water; pour into cooker and stir often until sauce is bubbling, 10 - 15 minutes.

With a slotted spoon, lift vegetables from cooker and arrange beside meat. Spoon horseradish mashed potatoes onto platter; sprinkle with parsley. Garnish platter with watercress. Spoon sauce over meat. Slice meat and serve with vegetables, potatoes, and sauce. Salt and pepper to taste.

27 W. Anapuma #281 • Santa Barbara, CA 93101
Phone 805-898-0798 FAX: 805-687-0348
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