

Merlot Pot Roast with Horseradish mashed Potatoes.

Ingredients:

One 3 - 3 1/2 pound chuck roast - tied fat - trimmed - boned
1 tablespoon 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 teaspoon dried thyme
1/4 teaspoon black peppercorns
1 dried bay leaf
1 cup Sunstone Merlot
1/3 cup canned tomato paste
5 1/2 tablespoons cornstarch
fresh-ground pepper
salt

Instructions:

1. 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 total.
2. Meanwhile, cut carrots into sticks about 3/8 inch thick and 2 inches long. In a 4 1/2-quart pot, combine carrots, onion, celery, garlic, thyme, peppercorns, and bay leaf. Set beef on vegetables; add drippings. In a small bowl, mix wine and tomato paste; pour over meat and vegetables.
3. 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.
4. 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 cornstarch with 1 1/2 tablespoons water; pour into cooker and stir often until sauce is bubbling, 10 to 15 minutes.
5. With a slotted spoon, lift vegetables from cooker and arrange beside meat. Spoon horseradish smashed potatoes onto platter; sprinkle with parsley. Garnish platter with watercress. Spoon sauce over meat. Slice meat and serve with vegetables, potatoes, and sauce, adding salt to taste.

Horseradish mashed potatoes

NOTES: Prepare the mashed potatoes as soon as the beef is tender; the meat can continue to cook until the potatoes are ready to serve.

next page for recipe

Horseradish mashed potatoes

Ingredients:

6 potatoes, medium
boiling water
1/2 tsp Salt
2 tsp Butter
1/2 cup sour cream
1 tsp horseradish
Salt and pepper to taste

Instructions:

Peel and quarter potatoes. Cook in boiling salted water in medium-size pot until tender, drain. Mash, adding 1 T butter and the pepper. Add sour cream, horseradish, and minced parsley. Whip as for mashed potatoes. Place in serving bowl; top with 1 T melted butter and serve.
1 tablespoon minced parsley 2 cups watercress sprigs rinsed and crisped (optional). Salt

Poached Pears in Merlot Sauce

Ingredients:

1/4 cup Merlot
1/3 cup Plus 1 tablespoon sugar
3 pears halved

Instructions:

Instructions: Bring the wine and sugar to a simmer in a wide nonreactive saute pan; stir to dissolve the sugar. Gently slip the pear halves in the syrup. Cover and poach them gently over low heat until tender, 10 to 20 minutes, depending on the pears. Remove the pears with a slotted spoon; arrange in a layer on a plate.

Boil the poaching liquid over high heat until lightly syrupy, about 10 minutes or slightly longer. Remove from the heat and set aside.

To serve, rewarm the pears in the Merlot syrup. Make 4 or 5 lengthwise cuts in each pear half, leaving the pear joined at the stem end. Spoon some of the warm syrup over and around the pear and serve immediately.

Yield: 6 servings