

**GF Friendly**

**Pot Roast**

**Roast meat cooked on the hob**

Roasting a joint of meat on the stove top tenderises it to the point where it can be pull-apart. Including potatoes and other vegetables in the pan with it also frees off the oven for Yorkshire puddings or whatever. Our meat was a beef silverside joint; but other cuts can be used instead, as well as pork or lamb – size will determine cooking times. As for the vegetables, swede, turnip and parsnip go well; considering the long cooking time, however, pumpkin and the like will probably go mushy and are best cooked separately.

- 1 kilo roasting joint
- larger joints will need extra cooking time
- Enough potatoes for the family
- 2 or more large carrots
- 1 beef Oxo cube, or 1 tsp stock powder
- Water
- Gravy powder



Trim the outside fat from the meat. Don't worry too much about veins of fat through the main part – this marbling will break down and help with the tenderising.

Peel the potatoes and cut into large pieces. The same with the carrots.

Use a decent-sized pan or stew pot, pour in about 2.5cm (1 inch) of water, add the stock cube or powder and stir in. Place the carrots in the bottom first and sit the roasting joint on them. Add more water so that the stock comes about a third of the way up the meat and sit the potatoes in this around the perimeter. Bring to the boil, then turn down to simmer covered for approximately 2 hours.

Check occasionally to ensure there is still sufficient liquid; and when close to time, test with a fork – if any blood runs out it isn't ready yet. Use some of the stock to make the gravy in a separate pan.

Leftover meat can be sliced, bagged and frozen for later use.

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