

A Family Favorite Pot Roast

(Serve this with mashed potatoes or wide noodles.)

An Alice Waters Recipe

Time:

3 hours

Preheat oven to 350 degrees

Ingredients:

- 3 lb. Organic Beef Roast
- ¼ Cup of Butter
- 3 Carrots Chopped
- 4 Celery Stalks Chopped
- ½ Cup Chopped White Onion
- ¼ lb. Mushrooms Chopped
- 1 10 1/2 oz. Can Consommé
- 1 Cup Dry Red Wine
- 2 tsp. Salt
- 1 tsp. Pepper
- ½ tsp. Paprika
- 1 TBSP Capers
- ¼ Cup Flour (Optional)
- 1 Cup Sour Cream
- 3 Cloves of Garlic,
- ½ Cup of Tickle Your Palate Habanero Sauce

In a large Dutch oven or Roasting Pan brown roast in butter. Add carrots, celery, onion and garlic and cook until softened. Add Mushrooms. Add ½ of the Consommé (If you do not have consommé, use Stock) with Wine, Salt, Pepper, Paprika and Capers and add to the Beef. Cover and cook in the oven for 2 hours, or until the meat is fork tender. Remove the meat to a warm platter. Remove the vegetables from the pan with a slotted spoon and put them in a blender with some of the pan liquid. Blend and add the pureed vegetables back into the pan. If you care to thicken with flour add to the remaining consommé and stir into the puree in the pan. Heat until Sauce is thickened, take off the heat and add the sour cream. Serve the pan sauce over the sliced meat and drizzle the Habanero sauce over the pan sauce for a burst of flavor.