

POT ROAST OF BEEF

with Winter Vegetables

Dry Creek
VINEYARD

INGREDIENTS

- 5 LB beef rump roast
 - 3 potatoes, peeled and cut into 1½” chunks
 - 2 yellow onions
 - 3 CLOVES garlic
 - 1 CUP beef broth
 - 6 carrots, peeled and cut into ½” coins
 - 1 LB mushrooms
 - 3 TBSP fresh chives
 - 2 TBSP cornstarch
- For Paste:**
- 1 TBSP mustard powder
 - 2 TBSP flour
 - ½ TSP ground black pepper
 - 1 TSP dried thyme
 - 4 TBSP tomato paste
 - 1 TBSP worcestershire sauce
 - 2 TBSP barbeque sauce

METHOD

Place potatoes in the bottom of a crockpot with onions, carrots and garlic. Make paste and coat the roast completely. Lay roast on top of crockpot mixture, spread mushrooms over entire pot. Sprinkle 2 tablespoons of chives over the top. Cover and cook on low for 10-12 hours.

When done, drain liquid from the crockpot into a saucepan. Remove 1 cup of liquid and set aside. Bring liquid in saucepan to a boil for 3 minutes. Dissolve 2 tablespoons of cornstarch in the reserved liquid, then add to saucepan. Reduce heat and blend until thickened. Add salt and pepper to taste.

Slice roast and serve with the potatoes, mushrooms and carrots. Pour sauce on top of the roast and garnish with chives. Serves 8.

Pairing: 2007 Old Vine Zinfandel – *Dry Creek Valley*