



F L O R A
S P R I N G S

WINERY & VINEYARDS

Pot Roast

By: Executive Chef Christopher Ludwick
Grapevine Catering Company

Ingredients:

- 4# boneless chuck roast • 1cup flour • Bay leaf • 4 cloves garlic
- 4 c chicken or beef stock or enough to cover (heated) • Salt and pepper
- 4 ea carrots chopped • 1 ea onion chopped • 2 ea parsnips chopped

Directions: Season chuck roast with salt and pepper and dust with flour. Brown roast on all sides in a medium sauté pan. Place roast all remaining ingredients into a large casserole pan and cover with foil.

Place into a 425 degree oven. Cook covered 4 about 4 hours or until tender. Add more chicken or beef stock if needed during cooking. Remove foil and allow top to brown for another 30 minutes

or until roast is fork tender. Remove roast from pan and set aside. Place remaining

ingredients in a blender and puree until smooth. Season with salt and pepper. If

sauce is too thin, place on stove top and reduce until thick. Add more roasted root

vegetables for garnish and fresh herbs. Pour yourself a glass of Trilogy and enjoy!

