

Lisa's Lazy Pot Roast *This is a very successful meat*

■ Flavor Step ■

HERB AND PAPRIKA RUB FOR BEEF

1 teaspoon dried thyme

1 tablespoon chopped
fresh rosemary or

1 teaspoon dried

1 tablespoon paprika

* 1 tablespoon kosher salt; *use way less salt*

1 teaspoon freshly ground

black pepper

Variation: add 1 tsp or so ground allspice

1 4-pound boneless beef

chuck roast OR a beef

brisket, trimmed of

most fat

*see other ingredients
on facing page*

*Make up large batches
of rub - more efficient*

** 1 tbs salt tastes
way too salty. It
would make the
onions and juices
unpalatable.*

*I use only a
teaspoon, and
that suits us.*

-Nancy

Serves 6, with leftovers

■ MOM'S COMFORT FOOD

■ COOKING ON A BUDGET ■ GREAT LEFTOVERS

OLD-FASHIONED POT ROAST, the kind our moms used to make, is the quintessential comfort food. There's something reassuring about sitting down to a thick slice of braised beef and gravy with mashed potatoes and glazed carrots, even to those of us who look a bit askance at red meat.

Pot roast is economical and makes great leftovers. With this recipe from Lisa Weiss, who valiantly tested recipes for this book, pot roast is a snap. You can make it on a Sunday, if you wish, and serve it to your family later in the week. It makes the best pot roast we've tasted since Mom's (and maybe even that memory's become a little exaggerated over the years).

If you're in a hurry, just eliminate the herb rub. In fact, if you're really in a pinch, don't even bother with the browning. Just put the roast in a heavy casserole, smother it with the onions, and cook it as described below. You'll be amazed at how good it is, and your family will think you've been slavin' away at the stove all day.

■ Flavor Step ■ Combine the herbs, paprika, salt, and pepper in a small bowl. Rub the meat thoroughly with the mixture. You can cook the roast immediately, but it will taste better if it sits for an hour or two at room temperature or overnight in a zipper-lock bag or, well wrapped, in the refrigerator.

Preheat the oven to 350°F. In a large, heavy casserole or a Dutch oven, heat the vegetable oil over medium-high heat. Brown the meat on all sides, about 7 minutes. Remove and set aside. Pour off any fat from the pan and deglaze the pan with the water or stock, scraping up any browned bits with a wooden spoon or spatula. Put the roast back in the pan, cover it with the sliced onions and garlic, cover, and bake for 1 hour.

Remove the cover, turn the roast over so that it is on top of the onions, and continue to cook, uncovered, for another hour, adding more liquid if needed. Stir the onions around after about 30 minutes so they can brown more evenly. ②

Replace the cover and continue to cook for 1 hour more, or until the meat is fork-tender; brisket will take a little longer than chuck. Remove the meat from the pot and let it rest, covered loosely with foil, while you prepare the sauce. (At this point, you may refrigerate the pot roast for later reheating. Refrigerate the cooking liquid separately. To serve later, remove any congealed fat from the cooking liquid and strain it before using it to reheat the meat gently.)

To serve, strain and defat the sauce. Taste for salt and pepper. Cut the meat into thick slices or separate it into chunks. Spoon some sauce and onions over each serving.

- 2 tablespoons vegetable oil
- ½ cup water or beef or chicken stock, or more if needed
- 5 cups thinly sliced onions ① (about 3 large onions)
- 6 garlic cloves, chopped
- Salt and freshly ground black pepper

② Cut up carrots, parsnips, rutabagas, potatoes, other root vegetables, parsnips the really dense ones in a steamer or the microwave, and add the pieces for the last hour of cooking. Tuck under meat.

① We use more onions than called for — essentially as many as will fit in the Dutch oven. They cook down nicely so there's no problem turning the meat when the time comes.