

Jeff's Rolled Rump Pot Roast

Serves 4-6

Prep Time - 45 Minutes

There are 2 basic ways to cook a rump roast - but if you are interested in a melt in your mouth version, this is the recipe.

Equipment Required

- Dutch Oven

Main Ingredients

- 4-5 lb Blue Heron Acres rolled rump roast
- 2 cloves of garlic
- 1 medium onion
- 1 small carrot
- 1 bottle beer
- 2 Tbsp. apple cider vinegar or inexpensive balsamic vinegar - or 1 Tbsp of each is even better.
- 1 cup of white flour with salt and pepper to dredge the roast.
- 12 medium baby bellas or other mushroom
- 2 Cups of beef broth
- 1 Medium Tomato
- Butter for sauteeing - about 1/2 stick
- Salt and pepper to taste
- A small handful of Thyme, chopped.

Prep Work

1. In a large bowl, add the flour, salt and pepper and mix thoroughly.
2. Dredge the rump roast in the flour until it is completely covered. Set aside.
3. Chop the onions and carrots finely and set aside.
4. Chop the garlic finely and set aside.
5. Chop the mushrooms and set aside.
6. Chop the tomato roughly in large chunks and set aside.

Assembly

7. Heat the dutch oven to medium high. Add olive oil and butter. The temperature should not be so high that the butter burns.
8. Add the roast to the dutch oven and brown on all sides.
9. After it is brown, remove the roast from the pan and set aside on a plate.
10. Add the onions and carrots to the dutch oven and sautee until they are lightly carmelized.
11. Add the garlic and sautee lightly until it just starts to soften - only a minute or so.
12. Add the mushrooms and sautee until soft.
13. Add the tomato and sautee for 3-4 minutes until they start to break down.
14. Add the beer to the pan and mix thouroughly with the vegetables.
15. Add the stock to the pan.
16. Place the roast in the pan, put on the top (a tight fitting lid) and place in a 300° oven for 3 hours.
- 17.

Serving

18. After removing the dutch oven from your oven, carefully remove the lid and remove the roast. Set it aside on a serving plate.
19. Toss the fresh thyme into the liquid in the pan.
20. Use an immersion blender to blend the liquid in the dutch oven. It should blend into a thick gravy. If you dont have one, use a whisk and carefully whisk all the ingredients until they start to blend nicely while cooking over medium heat.
21. Serve thin slices of the roast with potatoes and a salad or green vegetable.



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