

Norma Vogt-Carney's Pot Roast

We are very grateful to Vicki Chappell-Apling, now of Cardington, for passing on her step-mother's (Norma Vogt-Carney's of Chicago IL) recipe for savoury pot roast. Although the recipe calls for chuck roast, brisket works just as well.

Ingredients

3lb (1.5kg) chuck steak or brisket
1 tbsp fat
1 large onion, thinly sliced
2 Tbsp vinegar
1 Tbsp ketchup
1 tsp salt
1/4 tsp pepper
1/4 tsp ground cloves
1/4 tsp thyme (seasoning can be adjusted to taste)
1 cup water
2 tbsp flour

Melt fat in a heavy skillet

Once the fat is hot, brown the beef on both sides

Place the sliced onion on top of the meat

Combine all the other ingredients (vinegar, ketchup, salt, pepper, ground cloves, thyme, water) and pour over meat

Cover and simmer until meat is tender, about 2 hours.

Remove meat to a warm platter.

To make gravy

Pour drippings into a cup or small bowl and skim off excess fat.

Measure and add water if necessary to make one cup.

Return to skillet and bring to boil.

Combine and stir in 2 Tbsp flour, 1/4 cup water.

Boil, stirring constantly until gravy is thickened.

We like to serve this with flat noodles (tagliatelle type), tossed in olive oil or butter and caraway seeds and seasonal veg of your choice.

ENJOY!!!