

★ 저서



(Chicago Mash potatoes)

★ oven에 할경우 180°에서 3hr.  
pot에 하면 224도 2시간 조금  
느리게 하라

## Mom's Pot Roast

Prep Time: 25 minutes

Bake: 3 Hours

Makes 8 main-dish servings

★ (or 감자)

1 tablespoon vegetable oil

(생어리고기)

1 boneless beef chuck cross-rib pot roast (or boneless chuck eye roast (4 pounds), trimmed

1 large onion (12 ounces), coarsely chopped

1 carrot, peeled and coarsely chopped

1 stalk celery, coarsely chopped

2 garlic cloves, finely chopped

1 can (15 ounces) crushed tomatoes ~~없으면 그냥 물넣는다~~ (1 cup)

1/2 cup canned chicken broth or Old-Fashioned Chicken Broth

1 teaspoon salt

1/2 teaspoon dried thyme, crumbled ~~없으면 안 넣어도 됨~~

1/4 teaspoon ground black pepper

1 bay leaf

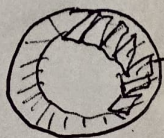
1. Preheat oven to <sup>180°</sup>350°F. In nonreactive 5-Quart Dutch oven, heat oil over high heat until very hot. Add roast and cook until browned on all sides, about 8 minutes. Transfer roast to plate.

2. Add onion, carrot, and celery to Dutch oven; cook, stirring, over medium-high heat until lightly browned, about three minutes. Add garlic; cook, stirring, until fragrant, about 20 seconds. Return roast to Dutch oven; add tomatoes, broth, salt, thyme, pepper, and bay leaf; heat to boiling. Cover and place in oven. Bake, turning roast once, until roast is tender, about 3 hours.

3. When roast is done, transfer to large platter and keep warm. Discard bay leaf. Skim and discard fat from liquid to blender; cover, with center part of cover removed to let steam escape, and puree until smooth. Pour mixture back into Dutch oven and stir until combined; heat to boiling. Cut meat into thin slices and serve with vegetables and sauce.

Each serving: About 304 calories, 35g protein, 6g carbohydrates, 15g total fat (5g saturated), 114mg cholesterol, 573 mg sodium.

- 큰 pot에 이 모든 재료들이 다 들어 왔을 때 brown 색깔 날 때 까지 뒤집는다 (8분 정도)
- 고기 꺼내 놓고, 그 pot에 양파, 당근, 셀러리 (모두 약간 크게 깎아서) 넣어 볶다가 마늘 다져서 넣어 같이 볶는다.
- 거기다가 다시 고기 넣고 리타로 다져서 (can. 없으면 그냥 리타로 다져넣음) 넣고 저린 후속 넣는다 (없으면 물넣는다)
- 거기에 소금, 허브, thyme, bay leaf 넣어 끓임, 2시간 푹 끓인다. 한번씩 고기 뒤집는다.
- 정맥 soft 하면 얇게 썬다.



얇게 썰어 정시에 돌리고 중간에 야채 먹은 거 때 놓고 남은 고기 위에 돌린다



