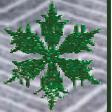




Beef Aitchbone Pot Roast



Servings: 4
Total Time: 2 hrs 45 mins
Cooking Time: 2 hrs 30 mins



METHOD

Heat the olive oil to a high heat in a large heavy-bottomed saucepan & brown the meat on all sides. Stir in the onion, tomato & brown vinegar & reduce the heat slightly. Add the barbeque spice, braai & grill seasoning, garlic, tomato paste, Worcester sauce & water. Simmer for 1½ hrs. Bring back to a boil, remove the lid and cook uncovered for 20 mins (coat & turn the meat after 10 mins).

If used, add the potatoes & continue cooking over a medium heat for a further 15 mins while regularly coating the meat. Add water if the juices reduce below 4cm. Remove the meat, carve into thin slices, place in a serving dish & drizzle with some juices. Transfer the potatoes to the same dish. Cover with tin foil & keep warm.

On a medium heat, whisk the flour into the remaining pan juices. Slowly add sufficient water to make a gravy. Add gravy browning to colour & transfer to a gravy boat. Serve.

INGREDIENTS

- 1 beef aitchbone or topside joint (1-1,2kg; between 250-300g per person)
- 5 Tbsp light olive oil or coconut oil
- 1 onion, peeled & roughly chopped
- 1 tomato, roughly chopped
- 2 Tbsp brown spirit vinegar
- 1 tsp barbeque spice
- 1 tsp braai & grill seasoning
- 1 tsp finely chopped garlic
- 1 tsp tomato paste
- 1 tsp Worcester sauce
- 500ml water
- 4 medium potatoes, peeled & quartered (optional, but not for Banting/LCHF)



For the Gravy (using juices from the pan)
 2 Tbsp self-raising/cake flour (12g carbs)
 water
 a few drops of gravy browning

