

Coriander Paprika Pot Roast

With Leeks and Turnips Braised in Stock and White Wine

Served with Herbed Rice and Sweet Potato Puree

May 2014 by Camine Pappas

Serves 4

Prep Time 30 minutes

Cook Time 7 hours

INGREDIENTS:

1 2# pot roast, trimmed of any silver skin

1 large turnip cut into large pieces

1 large leek, cut into ½ inch slices, using only an inch or two of the dark green

3 large garlic cloves, peeled but not sliced

3 T olive oil

1/3 C white wine

3 C beef stock (I used the Knorr Beef Bouillon Cubes)

Rub: (Can be your choice of amounts, I used more or less a T of each: Coriander powder, paprika, dried thyme, salt pepper, sugar, ½ t cinnamon, and just a little allspice
Rosemary sprig. Add a T of white sugar.



DIRECTIONS: (CROCK POT VERSION)

Wash veggies, peel off the outer tough leaves of the leek. Cut the Pot Roast into very large chunks, combine with cut vegetables, and toss with oil, then rub with dried rub. Dissolve the 1 beef cube into 3 C boiling water. Add to pot. Add a little more salt and pepper over the top, crown with a large rosemary sprig. Cook on low for 7 hours. At the end, add about 1 t cornstarch and stir, just to slightly thicken the broth.

Herbed Rice: Cook Jasmine rice according to directions. (You need about 2 C cooked rice for serving 4) Add a generous amount of fresh chopped herbs, (I used about 3 parts cilantro to ½ part parsley and ½ part rosemary.) about 3 T olive oil, cracked sea salt and black pepper.

Sweet Potato Puree: Peel the sweet potatoes, cut into ½ inch cubes, put in hot water and cook until very tender. Add butter, honey, salt and pepper, and about 1 t of brandy, and a small bit of maple syrup. Puree with a hand help puree tool. Put into a baggie and snip off the corner. Pipe onto plate to serve.

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