



Roasts with the Most

MOLASSES MARINATED ROAST BEEF

3/4 cup (175 mL) fancy molasses	10 lb (4.5 kg) boneless beef inside round roast
3/4 cup (175 mL) dry red wine	2 cups (500 mL) dry red wine
1/3 cup (75 mL) balsamic vinegar	2 cans (10 oz/284 mL each) beef broth
1/4 cup (50 mL) oil	2 tbsp (25 mL) flour
3 cloves garlic, finely chopped	2 tbsp (25 mL) brandy
1 1/2 tsp (7 mL) grated fresh ginger	1 tbsp (15 mL) chopped fresh parsley
1/2 tsp (2 mL) salt	1/2 tsp (2 mL) salt
1/2 tsp (2 mL) red pepper flakes	1/2 tsp (2 mL) freshly ground pepper
1/2 tsp (2 mL) thyme, crumbled	

To prepare marinade, combine first 9 ingredients (molasses through thyme) in a bowl. Place roast in an extra-large heavy freezer bag. Pour marinade over roast and squeeze bag to coat roast with marinade. Seal bag and place on a tray. Refrigerate, turning bag occasionally, for 24 hours. Remove from refrigerator and let stand for 30 minutes. Remove roast from marinade; discard marinade. Place roast on a rack in a large roasting pan. Roast at 375°F (190°C) for 3 - 3 1/2 hours or until a meat thermometer registers 135°F (57°C). Transfer roast to a platter and cover with foil. Let stand for 15 - 30 minutes before carving. As this is a large roast, the internal temperature of the roast will continue to rise several degrees during standing. The final temperature should be 140°F (60°C). Meanwhile, to prepare sauce, skim fat from drippings in pan. Add 2 cups (500 mL) wine; bring to a boil, scraping to loosen browned bits. Reduce heat and simmer for 2 minutes. Gradually whisk broth into flour until blended; stir into wine in pan. Bring to a boil; reduce heat and simmer, stirring frequently, until sauce is slightly thickened. Stir in brandy, parsley, 1/2 tsp (2 mL) salt and pepper. Carve roast and serve with sauce. Serves 16 - 18.

SLOW COOKER POT ROAST

3 lb (1.5 kg) boneless beef chuck roast	1/4 cup (50 mL) water
1 cup (250 mL) chopped onion	1 tbsp (15 mL) Dijon mustard
1 clove garlic, finely chopped	2 tsp (10 mL) Worcestershire sauce
1 can (7 1/2 oz/213 mL) tomato sauce	1 tsp (5 mL) paprika
1/4 cup (50 mL) ketchup	1/4 tsp (1 mL) cayenne pepper
1/4 cup (50 mL) apple cider vinegar	1/4 tsp (1 mL) beef bouillon mix

Cut beef roast in half to make 2 smaller portions. Place beef in a slow cooker. Combine remaining ingredients (onion through beef bouillon mix) and pour over beef. Cover and cook on high heat setting for 1 hour. Reduce to low heat setting and continue cooking for 9 - 10 hours. Alternatively, beef may be cooked on high heat setting for 5 - 6 hours or until beef is tender. Remove beef from slow cooker. Let stand for 15 minutes before carving. Skim fat from sauce. Serve beef with sauce. Serves 4 - 6.

Call the ATCO Blue Flame Kitchen home economists, Monday to Friday, 10 a.m. to 4 p.m.

■ Edmonton area 420-1010 ■ Lloydminster toll-free 1-306-825-5010 ■ Other locations in Alberta toll-free 1-877-420-9090

To purchase cookbooks, call the order desk toll-free 1-800-840-3393

For cooking ideas and great recipes, visit our web site at www.atcoblueflamekitchen.com

PRIME RIB WITH PORT WINE SAUCE

3 cups (750 mL) dry red wine	10 lb (4.5 kg) beef prime rib roast
4 cans (10 oz/284 mL each) beef broth	1 tsp (5 mL) freshly ground pepper
1 cup (250 mL) port	1/2 tsp (2 mL) salt
1 cup (250 mL) sliced onion	3 tbsp (40 mL) butter, softened
2 tsp (10 mL) black peppercorns	3 tbsp (40 mL) flour
1 bay leaf	Freshly ground pepper
2 tsp (10 mL) thyme, crumbled, divided	

Combine wine, broth, port, onion, peppercorns, bay leaf and 1 tsp (5 mL) thyme in a nonreactive Dutch oven. Bring to a boil; reduce heat slightly and boil gently for 50 - 60 minutes or until liquid is reduced to 3 cups (750 mL). Strain mixture through a fine sieve, pressing on solids to extract as much liquid as possible; discard solids. Wine mixture may be prepared to this point and refrigerated for up to 24 hours. Let roast stand at room temperature for 30 minutes prior to roasting. Pat roast dry and place, bone side down, in a large roasting pan. Combine 1 tsp (5 mL) pepper, salt and remaining 1 tsp (5 mL) thyme; rub over roast. Roast at 475°F (240°C) for 30 minutes. Reduce temperature to 375°F (190°C) and continue roasting for 2 - 2 1/2 hours or until a meat thermometer registers 140°F (60°C). Transfer roast to a platter and cover with foil. Let stand for 15 - 30 minutes before carving. As this is a large roast, the internal temperature of the roast will continue to rise several degrees during standing. Meanwhile, to prepare sauce, skim fat from drippings in pan. Add wine mixture and bring to a boil, stirring to loosen browned bits. Reduce heat to a simmer. Combine softened butter and flour to form a paste. Gradually whisk butter mixture into simmering liquid. Cook, whisking constantly, until thickened. Season to taste with pepper. Carve roast and serve with sauce. Serves 10 - 12.

BEEF TENDERLOIN WITH HORSERADISH AIOLI

2 tbsp (25 mL) olive oil	1 tsp (5 mL) freshly ground pepper
1 tsp (5 mL) marjoram, crumbled	2 lb (1 kg) beef tenderloin roast
1 tsp (5 mL) oregano, crumbled	Horseradish Aioli, recipe follows

Combine oil, marjoram, oregano and pepper in a heavy zip-lock plastic bag. Add beef tenderloin and squeeze bag to coat beef with oil mixture. Seal bag and place on a plate. Refrigerate, turning bag occasionally, for 8 - 24 hours. Remove tenderloin from oil mixture; discard oil mixture. Place tenderloin on a rack in a roasting pan. Roast at 400°F (200°C) for 35 - 40 minutes or until a meat thermometer registers 140°F (60°C). Let stand 5 minutes. Slice tenderloin and serve with Horseradish Aioli. Serves 6 - 8.

Horseradish Aioli

1 head roasted garlic	2 tsp (10 mL) balsamic vinegar
1 cup (250 mL) mayonnaise	1/4 tsp (1 mL) freshly ground pepper
1 tbsp (15 mL) prepared horseradish	1/8 tsp (0.5 mL) salt
2 tsp (10 mL) Dijon mustard	

Squeeze roasted garlic out of skins and puree. Combine garlic puree with remaining ingredients (mayonnaise through salt) until blended. Cover and refrigerate for at least 2 hours or up to 24 hours. Makes 1 1/2 cups (375 mL).

Cook's Note: To prepare **roasted garlic**, cut the top 1/4 inch (6 mm) off each garlic head. Place each garlic head on a piece of foil. Drizzle each head with a little olive oil and sprinkle with thyme. Twist foil around each head to enclose completely. Bake at 350°F (180°C) until soft, about 30 - 45 minutes. Squeeze softened garlic out of skins and puree. Roasted garlic puree may be frozen for up to 1 month.

VODKA MARINATED ROAST BEEF

2 tbsp (25 mL) kosher salt	2 tbsp (25 mL) flour
1 1/2 tsp (7 mL) coarsely ground pepper	1/3 cup (75 mL) vodka
6 lb (2.75 kg) beef rib roast	1 can (10 oz/284 mL) beef broth
1/2 cup (125 mL) vodka	1/4 tsp (1 mL) freshly ground pepper
6 bay leaves	Tarragon Horseradish Cream, recipe follows
2 cloves garlic, thinly sliced	

Combine kosher salt and 1 1/2 tsp (7 mL) pepper. Pat salt mixture onto all sides of roast. Place roast in an extra-large heavy freezer bag. To prepare marinade, combine 1/2 cup (125 mL) vodka, bay leaves and garlic. Pour marinade over roast and gently squeeze bag to coat roast with marinade. Seal bag and place on a tray. Refrigerate, gently turning bag occasionally, for at least 8 hours or up to 24 hours. Remove from refrigerator and let stand for 30 minutes. Remove roast from marinade; discard marinade. Place roast, bone side down, in a roasting pan. Roast at 425°F (220°C) for 30 minutes. Reduce temperature to 325°F (160°C) and continue roasting for 1 1/2 - 1 3/4 hours or until a meat thermometer registers 135°F (57°C). Transfer roast to a platter and cover with foil. Let stand for 15 - 30 minutes before carving. As this is a large roast, the internal temperature of the roast will continue to rise several degrees during standing. The final temperature should be 140°F (60°C) for rare roast beef. Meanwhile, to prepare gravy, skim fat from drippings in pan. Set pan over low heat. Whisk flour into pan drippings until blended and cook, stirring, for 1 minute. Gradually whisk in 1/3 cup (75 mL) vodka and broth. Bring to a boil over medium heat, scraping to loosen browned bits. Reduce heat and simmer, stirring frequently, until gravy is thickened. Stir in 1/4 tsp (1 mL) pepper. Carve roast and serve with gravy and Tarragon Horseradish Cream. Serves 8.

Tarragon Horseradish Cream

1/2 cup (125 mL) mayonnaise	1/4 tsp (1 mL) salt
2 tbsp (25 mL) prepared horseradish	1/4 tsp (1 mL) freshly ground pepper
1 tsp (5 mL) tarragon, crumbled	1/2 cup (125 mL) whipping cream, whipped
1/4 tsp (1 mL) hot pepper sauce	

Combine all ingredients except whipped cream in a bowl until blended. Fold in whipped cream. Cover and refrigerate until serving or for up to 2 hours. Makes 1 3/4 cups (425 mL).

TUSCAN ROAST PORK

1/4 cup (50 mL) chopped fresh rosemary	2 tbsp (25 mL) flour
8 cloves garlic, crushed	1/2 cup (125 mL) dry white wine
1 tbsp (15 mL) kosher salt	2 cans (10 oz/284 mL each) chicken broth
1 1/2 tsp (7 mL) freshly ground pepper	1/4 tsp (1 mL) salt
8 lb (3.5 kg) boneless centre-cut double-loin pork roast	

Using a mortar and pestle or mini food processor, grind rosemary, garlic, kosher salt and pepper until paste-like in consistency. Pat rosemary mixture onto all sides of roast. Place roast on a rack in a large roasting pan. Let stand for 30 minutes. Roast at 425°F (220°C) for 30 minutes. Reduce temperature to 350°F (180°C) and continue roasting for 1 1/2 - 2 hours or until a meat thermometer registers 160°F (71°C). Transfer roast to a platter and cover with foil. Let stand for 15 minutes before carving. Meanwhile, to prepare gravy, skim fat from drippings in pan. Set pan over low heat. Whisk flour into pan drippings until blended and cook, stirring, for 1 minute. Gradually whisk in wine and broth. Bring to a boil over medium heat, scraping to loosen browned bits. Reduce heat and simmer, stirring frequently, until gravy is slightly thickened. Stir in salt. Carve roast and serve with gravy. Serves 10 - 12.

Cook's Note: A boneless centre-cut double-loin pork roast is made up of two single loins tied together.

MOROCCAN CROWN ROAST OF LAMB WITH RICE AND CURRANT STUFFING

A crown roast of lamb is made up of lamb ribs turned and tied to resemble a crown. The meat is "frenched" or cut away from each rib chop so that part of the bone is exposed to form the crown. For an elegant presentation, mound stuffing in centre of roast and carve at the table.

- | | |
|--|---|
| 1 crown roast of lamb (18 ribs) | 1 tbsp (15 mL) paprika |
| 3/4 cup (175 mL) fresh lemon juice | 2 tsp (10 mL) grated lemon peel |
| 1/3 cup (75 mL) chopped fresh cilantro | 1 tsp (5 mL) salt |
| 2 tbsp (25 mL) grated fresh ginger | Rice and Currant Stuffing, recipe follows |
| 1 tbsp (15 mL) cumin | |

Place roast in an extra-large heavy freezer bag, bones pointing upward. To prepare marinade, combine next 7 ingredients (lemon juice through salt). Pour marinade over roast and gently squeeze bag to coat roast with marinade. Seal bag and place on a tray. Refrigerate, gently squeezing bag occasionally, for at least 8 hours or up to 24 hours. Remove from refrigerator and let stand for 30 minutes. Remove roast from marinade; discard marinade. Place roast on a rack in a large roasting pan. Roast at 450°F (230°C) for 35 - 40 minutes or until a meat thermometer registers 140 - 150°F (60 - 65°C). Transfer roast to a platter. Let stand for 5 - 10 minutes. Fill centre of roast with Rice and Currant Stuffing. Alternatively, stuffing may be served separately. Carve roast between bones to separate ribs. Serve with stuffing. Serves 6 - 8.

Rice And Currant Stuffing

- | | |
|-------------------------------------|---|
| 2 tbsp (25 mL) butter | 1 bay leaf |
| 1 cup (250 mL) finely chopped onion | 2 cups (500 mL) long grain rice |
| 1/2 tsp (2 mL) cumin | 3 cups (750 mL) water |
| 1/2 tsp (2 mL) turmeric | 1/3 cup (75 mL) currants |
| 1/2 tsp (2 mL) salt | 1 cinnamon stick |
| 1/8 tsp (0.5 mL) cayenne pepper | 1/2 cup (125 mL) toasted slivered almonds |

Melt butter in a large saucepan over medium heat. Add onion and saute until tender, about 5 minutes. Stir in cumin, turmeric, salt, cayenne pepper and bay leaf; cook, stirring, for 1 minute or until fragrant. Add rice and saute for 1 minute. Add water, currants and cinnamon stick; bring to a boil. Reduce heat; cover and simmer for 20 minutes or until rice is tender and liquid is absorbed. Remove and discard bay leaf and cinnamon stick. Stir in almonds. Makes 6 cups (1.5 L).

BEEF TENDERLOIN WITH MARCHAND DE VIN SAUCE

- | | |
|---------------------------------------|---------------------------------------|
| 2 lb (1 kg) beef tenderloin roast | 1 tbsp (15 mL) olive oil |
| 1/2 tsp (2 mL) salt | Marchand de Vin Sauce, recipe follows |
| 2 tbsp (25 mL) coarsely ground pepper | |

Sprinkle beef tenderloin with salt. Press pepper onto surface of beef. Heat oil in a heavy ovenproof frypan over medium heat. Add beef and cook until browned on all sides. Transfer frypan with beef to oven. Roast at 425°F (220°C) for 35 - 40 minutes or until a meat thermometer registers 140°F (60°C). Remove beef from frypan. Let stand for 5 minutes before carving. Add Marchand de Vin Sauce to frypan. Bring to a boil over medium heat. Reduce heat; simmer for 5 minutes, scraping to loosen browned bits. Serve beef with sauce. Serves 6 - 8.

Marchand de Vin Sauce

- | | |
|--|--------------------------------------|
| 3 tbsp (40 mL) butter | 1 cup (250 mL) dry red wine |
| 1 cup (250 mL) finely chopped onion | 2 tbsp (25 mL) Worcestershire sauce |
| 1 cup (250 mL) chopped fresh mushrooms | 1/2 tsp (2 mL) freshly ground pepper |
| 2 cloves garlic, chopped | 2 tbsp (25 mL) butter, softened |
| 2 cans (10 oz/284 mL each) beef broth | 2 tbsp (25 mL) flour |

Melt 3 tbsp (40 mL) butter in a saucepan over medium heat. Add onion, mushrooms and garlic; saute for 5 minutes. Stir in broth, wine, Worcestershire sauce and pepper. Bring to a boil; reduce heat and simmer for 15 - 20 minutes or until reduced by one-third. Combine softened butter and flour to form a paste. Gradually whisk butter mixture into sauce and simmer, whisking frequently, just until thickened. May be refrigerated for up to 24 hours.