



JACK & PAT'S

Old Fashioned Butcher Shop

Specializing in Custom Cuts and Customer Service

English Cut Pot Roast

3 lb. English cut Pot Roast	1 tbsp oil	4 medium onions
4 medium potatoes cut in half	2 tsp salt	¼ tsp pepper
3 stalks of celery cut in pieces	1 bay leaf	2 ½ cups water
6 medium carrots cut in pieces		

Brown Roast on all sides in oil in heavy Dutch oven for about 15 minutes. Add water, salt, pepper, bay leaf, 1 onion, and 1 stalk of celery. Cover tightly and simmer for 2 ½ hours until meat is tender. Add vegetables simmer 45-60 minutes until tender. Remove meat and vegetables and thicken juices with 3 tbs. flour that has been mixed with ¼ cup cold water. Stir into pan. Cook stirring constantly until mixture comes to a boil and thickens. Return meat and vegetables to pan and serve.

10717 S Ridgeland Ave
Chicago Ridge, IL 60415

Phone: 708-636-3437
www.JackandPats.com