

Nick Ranch

Grass Fed From Start to Finish
Healthier For You And Your Family

Nick Ranch LLC

Wholesale Grass Fed Beef

13580 Avenales Ranch Road

Rafter H Oven Roast

3-4 # Nick Ranch Grass Fed O Bone or 7 Bone Roast

3 large cloves garlic, rough chopped

½ -1 large onion, thick sliced

3 ribs celery, cut into 1-2 inch pieces

3 carrots cut into 1-2 inch pieces

*additional ingredients needed for optional sauce variations

Preheat oven to 265 degrees.

Spray bottom and sides of Dutch oven with Pam cooking spray.

Bring roast to room temperature; season both sides with fresh ground pepper and coarse sea salt.

Place roast in Dutch oven, sprinkle chopped garlic over roast.

Cover Dutch oven; place on center rack in oven for 1 hour.

Add vegetables, season with sea salt and fresh ground pepper.

Adjust temp to 325 degrees for additional 1 hour or until vegetables are done.

Remove vegetables and roast from Dutch oven and cover with foil to keep them warm. Slice roast prior to serving. Use leftover roast slices for sandwiches.

Optional Sauce Variations

1) Add beef stock or wine to any juices in Dutch oven loosening any bits of meat or veggies on bottom of pan. Bring to boil, stirring constantly, reduce heat, add 1-2 tablespoons of butter, salt and pepper to taste and stir till butter is melted. Serve over sliced roast.

2) Puree vegetables and beef stock in food processor or blender, pour back in pan and return to heat. Thicken with 1 ½ tablespoon cornstarch dissolved in ¼ cup cold water over medium heat. Stir constantly, cook about 5 minutes. Season with freshly ground pepper and sea salt. Serve over sliced roast.