

TODAY'S RECIPE

Cooking large cuts of inexpensive meats until they are tender and succulent is where slow cookers really shine. If you like this recipe, there are plenty more like it in EXTRA! edition #33 at <http://www.worldwiderecipes.com/extra.htm>

Curried Pot Roast

2-3 medium onions, chopped
4-6 medium carrots, chopped
2-4 cloves garlic, crushed
1 bay (laurel) leaf
1/2 tsp (2 ml) dried thyme
1 tsp (5 ml) ground ginger
1 tsp (5 ml) curry powder
1 tsp (5 ml) ground turmeric
1/2 tsp (2 ml) ground cumin
Salt and freshly ground pepper to taste
2 - 2 1/2 lbs (900 - 1125 g) boneless beef chuck
roast, trimmed of excess fat
1 can (15 oz, 420 g) diced tomatoes with their liquid
1/2 cup (125 ml) beef stock, red wine, or water

Place the onions, carrots, garlic, bay leaf, and thyme in a slow cooker or covered baking dish. Combine the ginger, curry powder, turmeric, cumin, salt, and pepper in a small bowl and rub this mixture over the roast. Place the roast on top of the vegetables and add the tomatoes and stock. If using a slow cooker, cook covered on low heat for 8 to 10 hours, or on high heat for 4 to 5 hours. If using an oven, bake tightly covered in a 300F (155C) oven for 4 to 5 hours, adding more liquid during cooking if necessary. Transfer the meat and vegetables to a serving platter and serve with the pan juices. Serves 6 to 8.

Bon appetit from the Chef at World Wide Recipes