

POT ROAST

Last Modified: 09/11/20144

PREP: 20 Min
COOK: 2 Hrs
PRESSURE COOKER

F EASY

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MAKES 6 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
3 ~ 4	Pounds	English Cut Beef Roast	Trimmed
2	1 Oz	Envelopes Dry Onion Soup Mix (Lipton)	
1 +/-	Pinches	Kosher Salt	To Taste
1 +/-	Pinches	Fresh Ground Black Pepper	To Taste
1	Quart	Beef Stock	Divided
1/2	Cup	All Purpose Flour	
1/4	Cup	Crisco Shortening	
2	Pounds	Starchy Potatoes (Idaho / Russet)	Cut-Up
2	Pounds	Carrot Fingers (Organic)	
1/4	Cup	Celery	Diced
1	Large	Yellow Onion	Cut-Up

PREPARATION

CAUTION	You need to have a raised grill for the bottom of your pressure cooker to prevent burning the Meat.
TOOLS	1) 6.5 Qt Electric Pressure Cooker & Bottom Rack
CARROT FACTOID	Ever notice that those leftover fingerling Carrots in your refrigerator turn white on the outside after a while? That's because they are soaked for hours in a Bleach solution before packaging. ALWAYS buy the "Organic" ones - NO BLEACH - EVER!
PREP	<p>DISH</p> <p>1) Peel & cut the Potatoes into 2" pieces and set them aside in cold water..</p> <p>2) Dice the Celery and set it aside.</p> <p>3) Cut up the Yellow Onion and set it aside.</p>
1	Season the Beef Roast with Salt and Pepper on all sides; coat the Roast with Flour (reserving any leftover Flour for the Gravy).
2	Melt the Shortening in the pressure cooker on the brown setting. Brown the Roast on all sides. Pour in at least 2 cups of Beef Stock; use 1 to 2 cups more if the Beef is a tough cut. Stir in the Celery. Place the bottom rack in the cooker. Squeeze the Roast in. Sprinkle the Onion Soup mix evenly over the top of the Roast.
3	Lock the lid on and cook it for 1 1/2 hours (90 Minutes) on high pressure. Turn of the pressure cooker and quick release the pressure. Remove the lid and test for doneness; the Meat should be fork-tender - If not cook it on high pressure for a few minutes longer.
4	Preheat the oven to 200 degrees. Place the Roast in a heat-proof bowl, cover it with aluminum foil and place it in the oven to keep warm until the Vegetables are done.
5	Add the Potatoes, Carrots and Onions into the pressure cooker. Stir to make sure the Vegetables are coated with the cooking liquid. Add in any remaining Beef Stock. Do NOT overfill the pressure cooker; keep it less than 3/4 full. Lock the lid on and cook it on high pressure for an additional 15 minutes.
6	Turn off the pressure cooker and quick release the pressure. Remove the lid and transfer the Meat and Vegetables to a serving platter and tent them with aluminum foil until the Gravy is done.

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7	To make the Gravy, bring the cooking liquid to a boil using the Brown setting. Whisk the reserved Flour into 1/4 cup of cold water until there are no lumps. Whisk the Flour mixture into the boiling broth. Cook until thickened, stirring occasionally, at least 3 minutes.
SERVE	Serve the Gravy with the Pot Roast and Vegetables.