

Cider Pot Roast

from In Our Grandmothers' Kitchens

Feel free to add more liquid and spices if you like lots of juice in your pot roast—and maybe to add carrots after the first hour of cooking. Carrots are in season right now, and they complement the other flavors in this dish nicely.

Ingredients:

1-1/2 cups cider
1 tablespoon brown sugar
2 teaspoons salt
1 cinnamon stick
1/4 teaspoon ground ginger
2 whole cloves
1 3-to-4-pound pot roast
flour as needed
canola oil as needed

Instructions:

Combine the cider, the sugar, the salt, the cinnamon, the ginger, and the cloves. Pour this marinade over the beef, and let it stand, covered, in the refrigerator for 24 hours. Turn and baste from time to time. Remove the roast from the marinade; sprinkle it with flour.

Heat the oil, and brown the meat in it in a pot or Dutch oven. Lower the heat, add the marinade, and cover tightly. Simmer for 3 hours. After the first hour, be sure to turn the roast every half hour or so, and to add more cider if the meat looks a bit dry. When ready to serve, thicken the gravy with flour if desired. Serve with noodles. Makes 4 to 6 servings.