

Fall Pot Roast ~
Recipe by Kahleen Nowak

3-4 medium sized parsnips, peeled cut on biased equal size pieces
3-4 medium sized potatoes, cut into equal size pieces, (russet, red, or Yukon varieties are fine, each lend different characteristics, texture, flavor, creaminess.
1 medium onion, julienned
2 shallots rough cut, large pieces
Bottom round beef cut up to 4 .5 pounds or roast cut
Salt pepper

2-4 Tbsp Red Wine
2 Tbsp Dry Creek Olive Oil

In larger pot, (5 quart pot) add olive oil and onions and shallots. Allow to soften and become translucent. After lightly flouring and seasoning meat with salt and pepper, add meat to onions and shallots. Brown all sides evenly. Add 6-8 cups water, cover roast evenly. If beef broth is available, use half broth half water. Conventional canned broth has a tendency to be overly salty. Allow roast to simmer, adding more liquid as time permits to keep meat moist. Salt and pepper to taste. Allow to simmer at a low heat for 2-3 hours, adding parsnips and potatoes in last hour along with red wine. Serve with pasta, green salad, and local sautéed greens: spinach, swiss chard, or tender beet greens.



Pot Roast and Celery Root Mashers!
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Tierra Farms~ vegetables

2lbs seasonal potatoes, quartered or diced to equal size pieces for even cooking
1lb celery root, peeled and cut into even pieces
2 Tbsp butter
Salt/pepper
2 Cups cream

In larger pot bring 6 quarts of water to boil. Always season your water with salt as the items you are cooking are best seasoned along the way. Salty like the sea, preference is kosher salt. (The larger grain is easier to work with) Add potatoes and peeled celery root to boiling water. Cook to desired doneness, tender easily tested with a fork. Drain into a colander. Either manually food mill or with a an electric mixer mash and blend potatoes and celery root together. Incorporate cream and butter. Continue mixing to desired texture and consistency. (Longer for smooth, less for more rustic potatoes, especially if you leave the skins on.) Salt and pepper to taste. These are a great compliment to pot roast, meat loaf or any hearty meat dish.



Meat loaf
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2 lbs ground beef, conventionally finished or grass fed
1 onion, small diced
2 cloves garlic, finely diced
1 cup tomato sauce, (catsup)
1 cup panko or bread crumbs
Italian seasoningdried herbs such as rosemary, thyme, marjoram, parsley, and oregano.

½ cup olive oil
Salt and pepper
1 egg

Combine all ingredients in a medium size bowl. Thoroughly distribute seasonings and work moist ingredients together. Form into loaf pan or shape into even mounded log on sheet pan. Compact and uniform for even cooking and doneness. Bake at 350 for 40 mins. Allow to stand for 15 min before slicing and serving.

