



NEW ENGLAND POT ROAST

- 4-pound beef arm, blade or cross rib pot roast*
- 1 tablespoon salt
- 1 teaspoon pepper
- 1 jar (5 ounces) prepared horseradish
- 1 cup water
- 8 small potatoes, cut into halves
- 8 medium carrots, each cut into fourths
- 8 small onions

Kettle Gravy (below)

Cook beef in Dutch oven over medium heat until brown; reduce heat. Sprinkle with salt and pepper. Spread horseradish over both sides of beef. Add water. Heat to boiling; reduce heat. Cover; simmer on top of range or cook in 325° oven 2½ hours. Add vegetables. Cover; cook until tender, about 1 hour. Remove to warm platter. Prepare gravy; serve with beef. 8 SERVINGS.

*3-pound beef bottom round, rolled rump, tip or chuck eye roast can be substituted. Use 2 teaspoons salt.

KETTLE GRAVY

Skim excess fat from broth. Add enough water to broth to measure 2 cups. Shake ½ cup cold water and ¼ cup all-purpose flour in tightly covered container; stir gradually into broth. Heat to boiling, stirring constantly. Boil and stir 1 minute.

Barbecue Pot Roast: Decrease salt to 1½ teaspoons. Omit horseradish and water. Mix 1 can (8 ounces) tomato sauce, ¼ cup water, 1 tablespoon packed brown sugar, 1 tablespoon prepared horseradish and 1 teaspoon prepared mustard; pour on beef.

Herbed Pot Roast: Omit horseradish. Sprinkle beef with 1 teaspoon dried marjoram leaves and 2 cloves garlic, crushed. Substitute 1 cup apple cider for the water and 4 medium white turnips, each cut into fourths, for the potatoes. Add 2 medium stalks celery, cut into 1-inch pieces, and 1 medium green pepper, cut into 1-inch pieces.

Savory Pot Roast: Omit horseradish. Sprinkle beef with 1 teaspoon dried dill weed. Prepare gravy as directed except—add water to measure 1½ cups. After boiling, reduce heat. Stir in ½ cup dairy sour cream and 1 teaspoon dried dill weed; heat.

Spicy Pot Roast: Omit horseradish. Stir ¼ cup catsup, 2 tablespoons vinegar, 2 cloves garlic, crushed, and ¼ teaspoon ground ginger into the gravy. Heat to boiling; reduce heat. Simmer uncovered, stirring occasionally, 10 minutes.

Wine Pot Roast: Omit horseradish and water. Mix ¾ cup dry red wine, ¾ cup dairy sour cream, 2 cloves garlic, crushed, and ½ teaspoon dried thyme leaves; pour on beef. Stir 2 tablespoons lemon juice into the gravy.