
YANKEE POT ROAST

David B., Reading, PA

2-3 lb. bolar roast	1/3 cup flour
1 (14 oz.) can beef or vegetable broth	1 Table minced garlic
1 (14 oz.) can water	olive oil
14 oz. red wine	1 teaspoon allspice
1 red or Vidalia onion, peeled and quartered	1 tablespoon parsley
4 cloves garlic	3 carrots, peeled and sliced
2 Tablespoons Worcestershire sauce	8 red potatoes, washed and quartered
	2 stalks celery, washed and sliced

Rub roast with a portion of the minced garlic and then dust with the flour. Dredge the roast in a Dutch oven and olive oil. In a large sauce pan, mix stock, water, wine, Worcestershire sauce, allspice and parsley. Place one garlic clove in each onion quarter and add to stock. Heat to a slow boil and then lower the heat. Add half of the stock to the roast, along with celery slices. Cover and bring to a slow boil. Add stock as needed to keep roast covered. Add potatoes and carrots after two hours. Cook for one hour longer and serve.