

RED ARROW INTERNATIONAL Culinary Creations

Grillin' SB Oil™

Flavor Description:

A chargrilled flavor with a rendered beef dripping note.



Yankee Pot Roast with Sauce

Yield: 3079 gm. of roast

Serving: 5 portions – 616 gm. each

FORMULA: *

Ingredients:	Oz.	Lbs.	Grams	% weight
Marinade				
<i>Grillin' SB Oil</i>	0.14	0.01	4.0	1.49%
Olive oil	0.71	0.04	20.0	7.47%
Onions; peeled, rough cut	4.94	0.3	140.0	52.29%
Garlic; peeled, minced	0.53	0.03	15.0	5.60%
Soy sauce	2.82	0.2	80.0	29.88%
Rosemary; leaves only, minced	0.04	0.0	1.0	0.37%
Thyme; leaves only, minced	0.02	0.0	0.5	0.19%
Oregano; leaves only, minced	0.02	0.0	0.5	0.19%
Kosher salt	0.21	0.01	6.0	2.24%
Black pepper, ground	0.03	0.0	0.8	0.28%
Total	9.4	0.6	267.8	100.00%
Boneless chuck roast	32.03	2.0	908.0	29.49%
Marinade (see ingredients above)	9.52	0.6	270.0	8.77%
Olive oil	2.82	0.2	80.0	2.60%
Onion; peeled, rough cut	7.05	0.4	200.0	6.50%
Carrot; peeled, rough cut	4.23	0.3	120.0	3.90%
Celery, rough cut	4.23	0.3	120.0	3.90%
Garlic; peeled, minced	0.35	0.0	10.0	0.32%
Tomato paste	0.92	0.1	26.0	0.84%
Flour	4.23	0.3	120.0	3.90%
Beef base	0.56	0.04	16.0	0.52%
Water	42.33	2.6	1200.0	38.97%
Rosemary; leaves only, minced	0.03	0.0	0.8	0.02%
Thyme; leaves only, minced	0.03	0.0	0.8	0.02%
Oregano; leaves only, minced	0.03	0.0	0.8	0.02%
Kosher salt	0.21	0.01	6.0	0.19%
Black pepper, ground	0.04	0.0	1.0	0.03%
Total	108.62	6.8	3079.3	100.00%

Method of Preparation:

Marinade

1. Heat a small sauté pan. Add the oil.
2. Add the onions. Sauté until translucent, approximately 5 minutes.
3. Add the garlic. Continue to sauté for 3 minutes.
4. Place the cooked onions and garlic in a bowl. Stir in **Grillin' SB Oil** and remaining ingredients.

Pot roast and sauce

1. Place the boneless chuck roast in a plastic container. Pour the marinade over the beef. Cover and refrigerate for 1½ hours.
2. Heat a medium size sautoir pan. Add oil.
3. Remove the boneless chuck roast from the marinade. Add the roast to the sautoir pan.
4. Sear the meat on one side until it is a dark brown. Turn meat over and sear the other side. Remove the meat from the pan and set aside.
5. Add the onions, carrots and celery. Sauté over medium heat until the onions begin to caramelize, approximately 10 minutes.
6. Add the garlic, beef base and tomato paste. Continue to sauté for 6 minutes longer or until the tomato paste starts to caramelize.
7. Add the flour. Continue to cook flour mixture until it turns light brown and has a nutty aroma, approximately 7 minutes.
8. Slowly whisk in the water.
9. Add the herbs and seasonings.
10. Place the meat in the center of the pan with sauce. Heat to a boil.
11. Remove the pan from the heat and cover. Place in a preheated 149°C oven for approximately 2 hours or until the meat is fork tender.
12. Remove the roast from the pan. Using a spoon skim the fat from the sauce and strain through a fine strainer.

Serving suggestion:

Serve meat slices coated with the sauce.

Research Chef Evaluation of Grillin' SB Oil:

Grillin' SB Oil offers this bold flavored, traditional dish a subtle chargrill note. The flavor is in the meat, which takes a traditional preparation and changes it into a robust and memorable taste sensation.

*Developed by Red Arrow Culinary Specialists