

Kosher Deli Recipes

Chuck Roast - An Exotic Blend of Fruit and Spices



Chuck Roast is prepared with a flavorful assortment of fruits and spices that make this a unique meat recipe. The addition of cinnamon and carrots give the roast the added 'tsimmes' quality that you may appreciate at holidays or special occasions.

Ingredients:

- 2 cups pitted prunes
- 2 cups dried apricots
- 5-6 lbs. chuck eye roast or brisket
- Salt and pepper, to taste
- 1 tbsp. oil
- 2 medium onions, chopped
- 2 cups carrots, peeled and sliced
- Zest and juice of one lemon
- 1/2 tsp. cinnamon
- 2 tsp. grated fresh ginger (use 1/8 tsp. powdered ginger)

- Pinch of ground cloves or nutmeg, optional

Place prunes and apricots in a large bowl and soak in 4 cups of boiling water for 15 minutes. Reserve the water.

Season the meat with salt and pepper. Add 1 tbsp. oil to a large Dutch oven and on the stove, cook the onions for about 4-5 minutes until they are soft. Place the meat on top of the onions.

Turn on the oven to 325 degrees F. Add the prunes, apricots and water to the meat and onion mixture. Add all remaining ingredients, lightly stirring to combine.

Cover the pot and bake for 2 1/2 hours. Remove cover, add one cup of water and continue to bake for additional 20-25 minutes.

Serves: 8-10