

Extension

Seasonal Eating
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Chill Chasers
February 2014

Brrrr! We have certainly had our share of bone chilling cold this year. Staying inside and keeping warm has become a lifestyle lately. To stave off the cold, there is nothing better than to slow cook meat and vegetables in a warm oven and have a hot meal.

Casseroles and roasts are the way to go in the dead of winter. The oven helps keep the kitchen warm while hot food keeps tummies warm. Vegetables combine with meat, a starch and sauce to create a soul satisfying dinner. Some of my favorites are Chicken Casserole with green beans, Chicken Divan with broccoli and Taco Cornbread Casserole with corn and beans.

Pot roasts with root vegetables are also good chill chasers. Potatoes, carrots, parsnips, and turnips along with celery and onions make a hearty accompaniment to pot roasted meat. Pot roasts are braised in a liquid in a covered pot. They can be cooked in a slow cooker, on the stovetop or in the oven. Good cuts for this treatment are chuck roasts, shoulder roasts and round roasts. Sear the meat first in a little oil until it gets nicely browned on the outside and then add the liquid and vegetables. Cook low and slow for several hours and you have a tender roast to shred or slice and seasoned vegetables full of the brothy, meaty flavor.



While most pot roasts use a can of soup or beef broth for the liquid, the one I made the other day uses buttermilk. I know what you're thinking – buttermilk? But it helps tenderize the meat and cooks down to make a delicious sauce with the mustard and dry onion soup mix. It is probably the most unconventional roast I have ever made but took a five dollar shoulder roast to a tasty, hearty winter dinner. The chuck roast will be very tender while a shoulder roast will have a little more chew to it. Just slice the shoulder roast thinly. The potatoes and onions were tender and full of flavor but the carrots absorbed too much of the liquid and ended up too salty. I used the baby carrots, which were smaller, so I recommend adding the carrots after the first hour of cooking so they have time to get tender but not absorb quite so much of the cooking liquid.

So try something a little different and make a buttermilk pot roast this winter to warm up your family.

For more ideas on using seasonal produce, visit the Bedford County Extension website (<https://utextension.tennessee.edu/bedford>) and click on Seasonal Eating. The Seasonal Eating Cooking Demonstration on “Chill Chasers” will be on February 19 at 12:00 noon at the Extension Office. Call the Office at 684-5971 to sign up and bring \$7.00 to class to cover the samples.

Buttermilk Pot Roast

2 tablespoons vegetable oil
1 boneless beef chuck pot roast or shoulder roast (about 3 1/2 pounds)
2 tablespoons Dijon style mustard
4 1/2 teaspoons onion soup mix
1/4 teaspoon black pepper
16 small round white or gold potatoes
2 onions, cut into wedges
1 cup buttermilk
12 baby carrots

In an oven proof Dutch oven, sear roast in oil over high heat until browned on all sides. Spread mustard over roast and sprinkle with soup mix and pepper. Arrange potatoes and onions around roast pour buttermilk over the top. Cover and bake at 350 degrees for 1 hour. Add carrots and bake another 1 1/4 - 1 3/4 hours or until meat and vegetables are tender. Add a little water, if necessary, as it bakes. Transfer meat and vegetables to a platter and serve with drippings from pan.