

Soy, Ginger & Sake Beef Pot Roast with Shiitake Mushrooms

From “Kathy Casey’s Northwest Table”

(A great twist on the typical Pot Roast)

Servings 6-8

Ingredients:

- 2 TBSP vegetable oil
- Manchester-Farms Beef Chuck Roast about 4 lbs.
- 1 cup sake
- 1 lg. white onion, cut into ½ inch thick slices
- 4 cloves of garlic
- 2 inch piece unpeeled fresh ginger, washed and cut into ¼ inch thick slices
- 2 TBSP sugar
- ¼ cup soy sauce
- 18 small shiitake mushrooms, stemmed
- 3 TBSP cornstarch
- 3 TBSP cold water
- 3 green onions, thinly sliced, for garnishing

Preheat the oven to 325 degrees. In a heavy Dutch oven or other large heavy pan that can go in the oven. Heat the vegetable oil over medium high heat. Sear the Roast until it is nicely browned on all sides, about 2 -4 minutes. Remove Roast from pan and set aside.

Pour the sake into the pan and scrap up all the browned bits. Add the onions, garlic and ginger. Dissolve sugar in the soy sauce in small bowl and

pour over meat. Add the mushrooms and cover. Bring pan to a boil.

Remove the pan from stove top and place in oven covered. Cook for 3 hours, until meat is tender. Turn the roast over after ½ cooking time.

Remove meat to a platter and separate mushrooms and onions from liquid by straining it. Set the vegetables aside and keep them warm. Return the sauce to pan and bring to a boil. Boil for a few minutes to reduce.

In a small bowl, whisk the cornstarch and water together, then whisk into the sauce. Return to a boil until thickened, whisking constantly. Taste and add salt and pepper if needed.

Place meat on plate and pour sauce over, sprinkle with green onions and serve.