

CHEF SARA RHODES

BRAISED CROSS RIB ROAST

¼ lb. bacon, diced
Beef chuck cross rib roast, weighing about 4 lbs.
1 cup red bell pepper, large dice
2 cups carrots, large dice
2 cups celery, large dice
12 pearl onions, peeled, whole
2 Tbs. All Purpose flour
1 cup red wine
3 cups beef/veal stock
(In a spice pouch or tea ball)
2 tsp. dried rosemary
1 tsp. red chili flakes
1 Tbsp. pickling spice



BALSAMIC GLAZE

1 ½ cups balsamic vinegar
¾ cup pomegranate juice
5 Tbsp. honey

In a small pot over medium heat, combine all ingredients, whisk occasionally and reduce by one third.

Preheat oven to 350 degrees. Take the rosemary, chili flakes and pickling spice and place in a cheesecloth pouch or tea ball and set aside.

In a large braising pot, over medium-high heat, cook bacon to render fat. Remove bacon and reserve. Season the roast with salt and pepper. Sear all sides of the roast, ends included. Remove from pot and add in your vegetables. Cook 5 minutes, add flour and cook for 3 more minutes.

Deglaze pan with red wine. Put the roast back into the pot and add the stock to cover ¾ way up the roast. Cover and cook in the oven for 2 hours. Remove the roast to a baking dish and brush with the Balsamic Glaze. Cover with foil and keep warm.

At this point, you can turn off the oven and put the roast back in the oven to stay warm. Put pot on the stove and bring the sauce to a boil and reduce. You can add a nice chunk of Veal Demi if desired.