



Pot Roast

1 Kg Rolled Brisket
3 Large carrots sliced into ½ inch chunks
Small Swede cut into ¾ inch cubes approx.
3 Bovril Cubes
1 Knorr Lamb Stock Cube
1 Heaped tablespoonful of Juvella flour mix
2 Medium onions, chopped
¾ pint of water

Method

Place the meat in a large casserole dish, and add the water. Bring to the boil on the gas hob, and transfer to a low shelf in the oven at Mark 4

Cook for two hours.

Remove from the oven and add the stock cubes and stir well

Mix the flour with about 50 ml of cold water to a paste, and add to the casserole
Add the vegetables. Bring back to the boil on the gas.

Return to the oven, and cook for a further two hours, turning the oven up to Mark 7 after half an hour, ready for the potatoes to go in on the top shelf.

Serve with vegetables of your choice



This recipe has been brought to you by The Cream Of Tartar Company Limited

Web site :- Thecreamoftartarcompany.com

Thecreamoftartarcompany.co.uk

Email:- Thecreamoftartarcoltd@hotmail.com

Tel:- 07710958581

