

Recipe Information

Recipe Title

You Can Even Eat the Bowl Hot Beef Sundae

Cut of Beef Used

Chuck Roast

Recipe Instructions



Roastin' a Roast

Ingredients

- 3lb chuck roast
- 1 tablespoon pepper
- 1 tablespoon salt
- ½ cup water

Directions:

1. Preheat oven to 400°F
2. Put roast in shallow baking dish with lid. Add ½ cup water and season with salt and pepper. Cook for 6-8 hours, or until tender. Reserve pan drippings for gravy.

Makin' Gravy

Ingredients:

- 2 cups of beef or vegetable stock
- 1 cup leftover beef drippings from roast
- 3 tablespoons butter
- 2 tablespoons flour
- Rosemary
- Oregano
- Thyme
- Salt & pepper

Directions:

1. Melt butter in a medium saucepan over medium-high heat. Add flour and whisk until you make a thick roux. Continue to whisk while slowly adding in beef stock. Once gravy consistency begins, add roast drippings. Keep on heat until it thickens and stir occasionally. Add in rosemary, oregano, and thyme to taste.



You Knead Some Bread Bowls

Ingredients:

- 2 packets Red Star® Active Dry Yeast (4 and 1/2 teaspoons)
- 2 & 1/4 cups (540ml) warm water (110°F - 115°F)
- 2 teaspoons granulated sugar
- 2 teaspoons salt
- 2 Tablespoons olive oil
- 6 cups bread flour (spoon & leveled), plus more for hands and surface*
- egg wash: 1 large egg beaten with 1 Tablespoon milk

Directions:

1. Preheat oven to 400°F
2. Pour the warm water over yeast in the bowl of a stand mixer fitted with a dough hook attachment. Or, if you don't have a stand mixer, a regular large mixing bowl. Whisk together and allow to sit for 5 minutes. Cover the bowl with a towel.
3. With the stand mixer running on low speed, add the sugar, salt, olive oil, 4 cups of bread flour, and seasonings (if using, see recipe note). Beat on low speed for 1 minute, then add remaining 2 cups of flour. Beat on low speed for 5-6 minutes. The dough should be thick, yet soft. And only slightly sticky. It should pull away from the sides of the bowl as it mixes. If it's too sticky, add more flour, one tablespoon at a time, until it pulls away from the sides of the bowl.
4. Turn it out onto a lightly floured surface and form into a ball. Then place into a large greased bowl, turning once to grease the top. Cover the bowl with plastic wrap and place it in a warm environment to rise until doubled in size.
5. Once doubled in size, punch down the dough to release any air bubbles. Remove dough from the bowl and turn it out onto a lightly floured surface. Punch down again to release any more air bubbles if needed.
6. Using a sharp knife or dough scraper, cut into 6 even pieces. Form each into a large ball.
7. Line 2 large baking sheets with parchment paper or silicone baking mats. Place 3 dough balls onto each. Cover lightly and set aside to rest for 20 minutes as the oven preheats.
8. Brush each dough ball with egg wash and, using a sharp knife, score an X into the tops of each. Bake for 30 minutes or until golden brown. Cool until ready to handle. The longer you cool, the easier they are to cut open.

Recipe respectfully loved and borrowed from:

<https://sallysbakingaddiction.com/homemade-bread-bowls/>

Garlic Mashed Taters**Ingredients:**

- 1 ½ cups heavy cream
- 1 teaspoon nutmeg
- 2 bay leaves
- 12 garlic cloves, crushed
- Salt and black pepper to taste
- 3 large or 6 small potatoes from the garden peeled and diced
- 1 tablespoon salt, plus more to taste
- ¼ cup unsalted butter, cubed and chilled

Directions:

1. In a medium saucepan over medium heat, add the heavy cream, bay leaf, oil, and garlic. Bring to a boil and reduce the cream by one fourth.

This should take 3 to 5 minutes. Season lightly with salt to taste. Strain the cream through a sieve into a small saucepan to keep warm. Smash the garlic into the sieve to expel as much flavor as possible.

2. Pour the diced potatoes into a medium saucepan. Add 3 quarts cold water or enough to completely submerge the potatoes. Add 1 tablespoon of salt. Cover and bring to a boil over medium-high heat. Taste the water to check the salt level. If it isn't seasoned enough, add more salt little by little until reaching your desired seasoning. Cook long enough so the potato can be easily smashed with a back of a spoon.

3. Pour the cooked potatoes into a strainer and allow to drain for 30 seconds to fully release excess water. Scoop cooked potatoes into a ricer and press over a medium-sized bowl. Repeat until all the potatoes have passed through the ricer (If you don't have a ricer you smash them and or use a stand mixer).

4. Slowly fold a third of the infused cream into the riced potatoes with a rubber spatula. Lightly whip the potatoes and add another third of the infused cream. Fold in a few knobs of cubed butter at a time until all of the butter is incorporated. Whip the potato mixture and taste for seasoning.

Recipe respectfully loved and borrowed from:

<https://www.masterclass.com/articles/gordon-ramsays-recipe-for-pomme-potato-puree#elevate-your-mashed-potatoes-with-gordon-ramsays-pomme-puree>

Assembly Instructions Included:

Ingredients:

- Roast
- Gravy
- Garlic Mashed Potatoes
- Bread Bowls
- Garden Cherry Tomatoes for Garnish

To serve, cut a large round out of the top of each bread bowl and hollow out to fill with 1 cup of mashed garlic potatoes. Add 8 ounces of beef and cover with ½ cup gravy. Garnish with garden cherry tomato.

Makes 8 servings

Participant Information

Name

Lane Carlson