



Braised Alberta Beef with Molasses and Garlic

Makes about 8 generous portions



Ingredients:

2 kg beef chuck eye roast
1 large onion
salt and pepper

Marinade:

1 cup molasses
1 cup beef broth
1 tomato
5 garlic cloves
3 tbsp. minced ginger
1/2 cup apple cider vinegar
3 tbsp. grainy Dijon mustard
1 tsp salt
1 tsp black pepper



Cooking Instructions:

Cut the beef to make it fit inside a large roaster, rub the beef with salt and pepper.

Cook beef (fat side up) uncovered about 20 minutes at 450 until the fat crisps.

Blend the marinade ingredients in a food processor. Add the molasses marinade and chopped onion to the beef.

Cook tightly covered for about 6-7 hours at 275. It is ready when the meat breaks effortlessly. It could also be done using a slow cooker.

