

Main course for 4
Preparation time: approx. 20 min.
Braising time: approx. 2 hrs
Energy per serving: approx. 1,365 kJ/325 kcal



POT ROAST MADNESS

750 g	roast beef joint (e.g. sirloin)
¾ tsp	salt
	Freshly ground pepper
	Clarified butter
150 g	red onions
3	organic oranges
1 dl	Appenzeller Alpenbitter
1 tbsp	thyme leaves (e.g. orange thyme)
	Salt and pepper to taste



Preparation

Season meat. Heat clarified butter in a roasting pan. Brown the meat on a medium heat for approx. 10 min., not turning until a crust has formed, remove. Dab away remaining cooking fat with kitchen paper, return meat to pan.

Cut onions into four, add to meat. Grate a little orange peel and squeeze orange into pan. Set aside 1 tbsp of Appenzeller Alpenbitter, add the rest to the meat together with the orange juice and bring to the boil. Add half of the thyme.

Oven braising: approx. 2 hrs covered in the lower half of an oven preheated to 150 degrees. Turn the roast halfway through the cooking time. Remove the roast from the oven and leave covered to settle for approx. 5 min. before slicing. Add the saved Appenzeller Alpenbitter to the braising liquid, boil down liquid slightly, season. Serve sauce together with the roast and sprinkle with the remaining thyme.