

10/21/10 - French Roast with Prunes

A French roast is a kosher cut of meat similar to a brisket. When cooked long and slow in a flavorful liquid it yields a melt in your mouth pot roast perfect for special occasions or Shabbat. The roast looks boxier than a brisket and has natural separations where you can insert the whole garlic cloves. No need to cut slits in the meat. It is terrific holiday fare because you can make it the day before, slice it down, and reheat it with ease.

Try it for this Shabbat. Serve it with roasted or mashed potatoes and some simple vegetables.



2 large onions
2 tablespoons oil

Salt and pepper

5 garlic cloves

4-5 lb French Roast

10 dried plumbs (moist prunes)

½ cup tamarhindi sauce (available in ethnic markets, it is made from tamarind paste cooked with other ingredients)

½ cup fresh tangerine juice

14 ounce can of chopped tomatoes

Peel the onions and slice them into thin rings. Break up the rings and sauté the onions in a preheated skillet with the oil. Season the onions with salt and pepper and cook them until they are beginning to caramelize. Set the onions aside to cool off.

Separate the individual garlic cloves from the bulb. Use the flat side of a chef's knife and partially crush the individual cloves. Remove the peel. Place the roast in a large roasting pan that has a tight fitting lid or one that you can cover tightly with foil. A throw away, deep, aluminum, baking pan works fine. Insert the garlic cloves randomly into grooves in the meat. Season with fresh ground pepper. If you are not



Spread the cooled caramelized onions on top of the roast. Next, scatter the prunes around the roast and then drizzle the tamarhindi sauce on top. Pour the tangerine juice and the tomatoes over the top. Tightly cover and seal the roast and place it in a preheated 325° oven. Cook the roast for about 3 hours. Let it cool at least one half hour before slicing.



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