

Cooking Corner Tips To Help You

Italian Pot Roast Helps Warm Up Winter Menus

(NAPSA)—If you're looking to add flair to your winter fare or



Nick Stellino

want a new flavor for cold-weather special occasions, consider this menu tip: Hearty pot roast can provide a welcome alternative from traditional turkey or ham. Italian chef,

cookbook author and television host Nick Stellino offers this recipe:

Pot Roast with Marsala *Aglasso di Marsala*

Serves 4-6

- 3½ pounds boneless beef pot roast, tied
- 4 teaspoons salt
- 1 teaspoon pepper
- 3 tablespoons all-purpose flour
- 3 tablespoons Pompeian Extra Light Tasting Olive Oil
- 7 tablespoons Pompeian Extra Virgin Olive Oil
- 3 pounds yellow onions, peeled and sliced
- 2 bay leaves
- ¾ teaspoon red pepper flakes
- ¾ teaspoon dried thyme
- 2 tablespoons chopped fresh parsley
- 2 tablespoons chopped fresh basil
- 1 tablespoon chopped fresh rosemary
- 4 cups dry Marsala wine
- 6 cups beef broth
- ½ pound Gorgonzola or blue cheese, cut in pieces (optional)

Wipe roast dry with a paper towel and sprinkle with 2 teaspoons of the salt, pepper and flour, shaking off excess flour.

In a large nonstick pan, heat the Pompeian Extra Light Tasting Olive Oil over high heat for 2 to 3 minutes, until very hot. Add beef roast and brown well on all sides. Transfer meat to a baking dish and set aside.

In a large stockpot, heat the Pompeian Extra Virgin Olive Oil over medium heat, for about 2 minutes. Add onions, bay leaves, red pepper flakes, dried thyme, chopped parsley, chopped basil, chopped rosemary and remaining salt. Cook, stirring well, for about 8 to 10 minutes until the onions are soft.

Increase heat to high, add the Marsala wine and bring to a boil, stirring well, and cook for 5-8 minutes until liquid has reduced by half. Add browned roast, the accumulated juices and beef broth. Bring to a boil. Then simmer for 1 hour and 35 minutes, turning the meat every 15 minutes and stirring the contents to prevent sticking.

Remove meat and cover with foil. Remove bay leaves from sauce. Bring sauce to a boil, and then lower heat to medium-high and cook, stirring well, for 30 minutes, or longer if you prefer a thicker sauce.

Slice the roast and gently reheat slices in sauce over medium-low heat. Serve, topped with some of the sauce, on a large platter. Serve the extra sauce on the side.

Optional:

To complete the sauce, add the cheese, stirring well until it has completely melted into the sauce.



Delicious pot roast can be a savory addition to a winter menu.

Visit www.pompeian.com for Pompeian's "The Healthy Table" recipe booklet offer, including three recipes from Nick Stellino.