

## **ORANGE POT ROAST**

**SOURCE:** It's a Secret Cookbook (each recipe has a secret/special ingredient)

### **INGREDIENTS:**

1 chuck blade pot roast	2 TBS olive oil or butter
1 tsp salt	1/2 tsp pepper
2 tsp Kitchen Bouquet	1 large yellow onion, sliced
2 cloves fresh garlic, minced & placed into slits in meat	
1 bay leaf	1/2 tsp thyme
2 C ORANGE JUICE (this recipe's secret)	3 TBS all-purpose flour
1/2 C GRAPEFRUIT JUICE (another of this recipe's secrets)	
1 tsp ORANGE RIND (another of this recipe's secrets)	

### **DIRECTIONS:**

In large Dutch Oven or stewing pot, heat olive oil. Insert garlic into roast + salt/pepper roast + brown on all sides in hot olive oil. Add all other ingredients, except flour, putting sliced onion atop roast. Cover/bake in 350° F over at least 3 hours or till roast is very tender & falling off bone. Place meat on platter & keep warm. Remove bone & bay leaf from pan - stir in a little of the liquid into the flour, making a paste. Stir paste into liquid in pan & cook over medium heat, stirring constantly till gravy thickens. Simmer a couple of minutes longer. Serve meat with gravy.