

Bertram Milligan's Roast Beef Recipe

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Ingredients:

- 30ml (2 tablespoons) of olive oil
- 1.8kg (4 pounds) of boneless chuck roast
- 800g (1.5 pounds) of sweet potatoes, peeled and cut into small pieces
- 1 medium sweet onion, diced
- 2 celery stalks, diced
- 340g (1 cup) of carrots, peeled and diced
- 30ml of garlic paste (2-3 minced cloves)
- 340ml (1 cup) of beef broth, divided (no bones, no vegetables in it)
- 60mg (2 tablespoons) of Dijon mustard
- 100ml (1/4 cup) balsamic vinegar
- 30mg (1 tablespoon) brown sugar

For the gravy

- 90ml (3 tablespoons) of beef broth (taken from the above broth)
- 60g (2 tablespoons) of all-purpose flour
- 15g (1 tablespoon) of ground thyme or 30mg (2 tablespoons) of dried thyme)
- 30g (2 tablespoons) of salt
- 15g (1 tablespoon) of black pepper

Preparation

- Salt and pepper both sides of the roast
- Heat olive oil in a deep skillet over medium high heat
- Add the roast to the skillet and sear each side for 6 minutes
- Remove the roast from the pan
- Add roast to a 6-litre (6-quart) slow cooker
- Add sweet potatoes
- Add onion, celery, carrots, and garlic to the warmed skillet. Cook and occasionally stir vegetables until vegetables are lightly browned
- Add vegetables to the slow cooker

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- Separate 90ml (3 tablespoons) of beef broth from the main ingredients and set aside
- Combine the remaining broth, balsamic vinegar, Dijon mustard, and brown sugar in the hot skillet, whisking until the sugar dissolves. Bring the liquid to a simmer and continue to whisk until the mustard is blended
- Pour the sauce over the beef and vegetables
- Cook in a slow cooker on high for 5 hours

For the gravy

- Once the roast is done cooking, remove the beef and sweet potatoes from the slow cooker and place them on a serving platter
- Strain the leftover cooking liquid through a fine sieve to separate the vegetables, and add the vegetables to the serving platter
- Bring the remaining liquid to a boil over medium high heat. Once at a boil, stir in the 90ml (3 tablespoons) of beef broth, thyme, salt, and pepper to form a thin paste
- At a boil, mix in the flour and whisk until the gravy has thickened, then remove from the skillet
- Serve gravy with the roast
- Keep refrigerated

Enjoy!

About *Jaded Hearts*

She's out to protect her family's future, and he's out to hide his family's past. Both need each other to survive.

Mail-order bride Ruthanna Helms travels to Prosper, District of Alberta, to marry Bertram Milligan. Determined not to repeat her mother's mistakes, Ruthanna will only say "I do" once her papa's debts are repaid.

Bertram is a family-oriented man with a quiet presence, a struggling business, and a dark past. He signs up with an agency seeking a well-respected wife to help his standing in the community. Working hard to build a future, he's dragged back into the quagmire of his father's sordid deals. When Bertram's past catches up with him and threatens Ruthanna's future, Ruthanna is faced with a hard choice. Will she choose independence or love?

What's a woman to do when her future is snatched from her? Fight for it.

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If you like historical westerns set in small frontier towns, with a mail-order bride and a former outlaw hero, and you like medium heat, then you'll love this book.

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The author uses British spelling. The book contains sex and mild swearing.

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Jaded Hearts ~ A Canadian western historical romance
Renée Gendron