

`Tips for Enjoying your Grass Fed Roast

1. Thaw, remove cheesecloth, and place roast in a roasting pan and give it a healthy splash of your marinade of choice. You can also place the roast in with whatever vegetables you desire. Traditionally, root vegetables work well: carrots, parsnips, potatoes, sweet potatoes, or squash. Fennel can be fun. Maybe turnips or rutabaga? It's your day--go crazy!
2. Bake at 350 degrees F for 1 hour and 30 minutes for a full sized roast or about an hour for a half. Check on your roast after about 30/45 minutes of baking, to re-baste. If you're obsessive (like us), you can baste more frequently (but it probably isn't necessary). You want the internal temp to reach around 165°F. The roast will swell as you go through this process and will alarm you. The outside of the roast will brown and crisp to give you a "skin" however you can also play around with wrapping your roast with rice paper or yuba at the beginning for this method. (I would recommend covering for a little in the beginning if you go this route.)
3. Let rest for 15 minutes and slice with a serrated knife for best results.

Basting: A Primer

You can baste the roast with any liquid, oil, herbs, and spices. Try beer or cider in lieu of broth, olive oil instead of vegetable oil. etc.

Here are a few ideas:

Option 1: The Traditional One

1/2 cup vegetable oil
1 cup organic broth (follow your bliss: veggie, mushroom, etc)
Garlic cloves, minced
1 teaspoon sage

In a small pan, gently heat the oil, broth, and other ingredients over medium-low heat and stir to combine.

Option 2: The Apple-y One

1 cup apple cider

1/4 cup Calvados or applejack (apple brandy)
1/4 cup soy sauce
2 tablespoons apple cider vinegar
2 teaspoons dried sage
3/4 teaspoon cinnamon

In a small pan, combine first 5 ingredients and bring to a boil. Set liquid aside.

Option 3: The One We Adapted From Penzey's

1/2 cup vegan butter
1/4 cup vegetable oil
1/4 cup red wine vinegar
1 teaspoon Florida pepper
1/4 teaspoon garlic powder
1/4 teaspoon celery salt
1/4 cup soy sauce or liquid aminos
1-2 tablespoons lemon juice

In a small pan, melt the butter. Add the remaining ingredients and heat to a simmer.

Vegan Gravy Recipe (adapted from Fat Free Vegan Kitchen)

2 1/4 cups broth (or a combination of broth and non-dairy milk)
1/4 cup flour
1-2 teaspoons poultry seasoning (or a combination of thyme, sage, rosemary, onion powder, and garlic powder--feel free to use fresh versions of all herbs, you'll just want a greater quantity)
Freshly grated black pepper, to taste
Soy sauce, tamari, or salt to taste

In a medium pan, combine ingredients and stir over medium-high heat until gravy boils. As it thickens, check the seasoning and add more to taste. Reduce heat and simmer. Stir often for about five minutes. Thin with broth or non-dairy milk if the gravy is too thick.