

# Coopers Vintage Ale Pot Roast

## Ingredients

- 2kg beef roast, bolar preferably
- 2 bottles of Coopers Vintage Ale, 375mls
- 3 carrots, cut into large pieces
- 2 onions, thickly sliced
- 5 potatoes, thickly diced
- 200g frozen peas
- 5 sprigs of rosemary
- 3 cloves of garlic, whole
- 3 bay leaves
- 1 bunch of parsley, chopped
- 1 lemon, zest and juice
- Salt
- Pepper
- Olive oil

## Method

In a pot big enough to fit the roast, add some oil and bring to the heat. Season the roast with lots of salt and pepper and brown in the pot on all sides, set aside once browned evenly. Brown off the onion and carrots in the same pot, add more oil if needed. Add the garlic and rosemary and cook for 1 minute. Season with salt and pepper.

Return the roast to the pot and add the beer deglazing the bottom of the pot. Add the bay leaves and a cup of water to go half way up the meat. Cover with a lid or a piece of foil and place into a 160° oven for 2 and a half hours, turning every 30 minutes.

40 minutes before the meat is cooked, add the potatoes to cook.

When finished, remove the beef and leave aside to rest. Remove the bay leaves and rosemary sprigs and return the sauce to the heat. Reduce slightly and add the frozen peas. Add the lemon juice, zest and parsley and mix through.

Slice the beef and serve with vegetables and sauce.



The Coopers logo, featuring the word 'Coopers' in a stylized, red, cursive font with a white outline.