

# LOMBARDI BROTHERS MEATS

Specialists in Dry Aged Colorado Beef • Pork • Lamb • Veal • Wild Game



## Certified Angus Beef® Shoulder Roast Cooking Suggestions

Thaw the 3-4 lb shoulder roast in your refrigerator for two to three days, or run the roast under cold water for a few hours until thawed. Either way will work. The first option gives you plenty of time to plan the meal.

### **Conventional Oven:**

Equipment you will need- Roasting pan at least 4-5 inches high, with plastic wrap and foil, or a big Dutch oven with a lid.

Gather your potatoes, carrots, onions, tomatoes... or whatever with you choose to garnish your roast.

Season the roast with salt and pepper. Use any herb you like, maybe some garlic chopped with a little oil, a little flour to coat the roast, if you wish. Flour is not necessary just creates a thickener for the braising liquid later on but plenty of other options.

In a hot Dutch oven or cast-iron pan, (with a little oil or butter) sear the roast on all sides to caramelize and get the flavors going. You can just put it in the oven with some veg and broth and let it cook low and slow without searing. This is a preference type thing. There are no wrong answers as long as it comes out delicious.

Place the roast in the pan, add the veg around, add enough stock or water to reach a little above half way up the side of the roast. You can deglaze with wine, less hoppy beer or even your favorite soda if you like but water or stock works great.

Place the lid on top or wrap with plastic wrap and then foil to seal. Bake in your oven at 200 degrees F. for 8-10 hours, for a low and slow braise that is awesome. If you don't have that much time 260-280 F. will get you a good result in about 4-6 hours. If you really need it fast, cut into pieces and simmer on the stove top, until tender for about an hour- hour and a half.

At the end of the process when the roast is done let it cool in the juice until about 80 degrees F. this will allow resting time to distribute some of the liquid back into the roast. If you would like a sauce or gravy to serve with the roast. Pour off about half to three-quarters of the liquid after cooling, reduce till it becomes thicker and finish with a little butter, or thicken with corn starch or a roux until desired consistency and the flavor is right.