

# MAKE THIS RECIPE STEP-BY-STEP

## INGREDIENTS YOU'LL NEED -

1 Prairie Street Beef  
French Roast

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1/2 teaspoon ground  
cinnamon

1/2 teaspoon freshly  
ground black pepper

2 teaspoons kosher salt

1 teaspoon onion  
powder

1 teaspoon garlic  
powder

1 teaspoon ground sage

1 teaspoon brown sugar

1 clove garlic, minced

1 tablespoon olive oil

2 shallots, peeled and  
diced into 1/4" pieces

2-3 large sweet apples,  
peeled, cored and cut  
into large dice

1/2 cup Merlot,  
Cabernet or other hearty  
red wine plus another 1-  
2 cups or more as  
needed

## Preparation

- 1 Preheat oven to 325°F / 163°C, place a large lidded Dutch oven, or wide, shallow pot with a lid on the stove.

## Cook

- 2 Cut the French Roast as needed to fit in your pan. If you need to cut it into several pieces to fit, that's fine. The meat will shrink significantly as it cooks, so you can fit it snugly and overlapping into the pan.
- 3 Make the spice rub; in a small bowl, combine the cinnamon, pepper, salt, onion powder, garlic powder, sage, brown sugar and garlic and rub the mixture over the meat. Set the meat aside while you prepare the glaze.
- 4 Place the Dutch oven or pot over medium heat, add the olive oil and allow it to get hot. Add half the shallots and half the apple dice to the pan and cook, stirring gently until they begin to turn golden brown.
- 5 Add 1/2 cup of the wine to the pan and let it cook until the wine has reduced to a glaze.
- 6 Carefully place the meat into the pan and allow it to sear until it browns, then flip the meat over and brown the second side. If you have more than one piece of meat just cook it in stages, then return all the browned pieces to the pan.
- 7 While your meat is browning, combine an additional cup of wine, 2 tablespoons of honey, and 1/4 cup pomegranate juice. Once the meat is browned, pour this mixture into the pan.
- 8 Add the remaining apples and shallots to the pan, and add any additional wine as needed so that the liquid comes about halfway up the sides of the meat.
- 9 Add half the pomegranate seeds and 2 large rosemary sprigs to the pan and bring it to a gentle bubble.

2 tablespoons honey

1/4 cup pomegranate juice

4 tablespoons fresh pomegranate seeds, divided

4 sprigs fresh rosemary, divided

**10** Cover the pan and carefully transfer it to the oven. Allow it to cook in the oven for about 1 1/2 hours, or until the meat is fork-tender. It should be about 180°F / 82°C on a thermometer.

**11** Remove the pan from the oven and carefully remove the meat from the pan. Place it on a cutting board and allow the meat to rest for 15 minutes. While the meat rests, the pan can be returned to the stove to cook the sauce longer, to thicken and concentrate the sauce if desired.

**12** Slice the meat thinly against the grain, then return it to the sauce.

### **Plating**

**13** Serve your Apple French Roast plated with plenty of the sauce, and garnish with the remaining rosemary sprigs and pomegranate seeds.

Bete'avon!