



POT ROAST with CRANBERRIES

2 to 3 pound Kinderhook Farm bottom round roast
1 tablespoon butter or extra virgin olive oil
1/2 cup sugar
salt and freshly ground black pepper
1/2 cup sherry vinegar or good wine vinegar
12 ounces fresh or frozen cranberries
1 orange
cayenne

Put the butter in a casserole or skillet and turn the heat to medium-high. Put the sugar on a plate and dredge the meat in it until all the surfaces are coated. Reserve the remaining sugar. When the butter foam subsides, brown the meat on all sides - this will take about 15 minutes - seasoning it with salt and pepper as it browns.

When the meat is nicely browned, add the vinegar and cook for a minute, stirring. Add the cranberries and remaining sugar and stir. Strip the zest from the orange (you can do it in broad strips, with a small knife or vegetable peeler) and add it to the skillet. Juice the orange and add the juice also, along with a pinch of cayenne. Turn the heat to low and cover; the mixture should bubble but not furiously.

Cook, turning the meat and stirring about every 30 minutes, for 2 hours or longer, or until the meat is tender. When the meat is done, taste and adjust the seasoning if necessary. Turn off the heat and let the roast rest for a few minutes, then carve and serve, with the sauce.

Serves 4 to 6

Tip:

Dusting the meat with some of the sugar makes the browning process go much more rapidly, and leaves behind a caramelized residue that is deglazed by the vinegar when you add it. All of this lends complexity to the final dish.

from *The Minimalist Cooks Dinner* by Mark Bittman