

# All-time Favorite Fancy Roast

Recipe By *Estee Kafra*



Cooking and Prep:  3  
h 10 m

Serves:  12

Contains:   

**Preference:** Meat

**Difficulty:** Easy

**Occasion:** Sukkot

**Source:** Family Table by  
Mishpacha Magazine

Every butcher has their own name for my favorite kind of roast, so I don't know how to list it here. It's often called French roast or New York roast. You can make this recipe with a second fillet brisket as well. It's a family favorite.

## Ingredients (10)

### Main ingredients

- 1 (3 pound/1.4 kilogram) New York or French cut roast
- 3 onions, sliced
- 2 tablespoons flour
- 2 large sweet potatoes, thickly sliced (unpeeled)
- 3 tablespoons **Haddar Dijon Mustard**
- 1/2 cup maple syrup

- 1/2 cup **Haddar Low Sodium Soy Sauce**
  - lots of black pepper, to taste
  - 1 cup **Alfasi Cabernet Sauvignon** (or red semisweet wine)
  - 1 cup water
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## Start Cooking

### Make the Roast

1. Preheat oven to 325 degrees Fahrenheit (170 degrees Celsius).
2. Place the onions at the bottom of a large Dutch oven pot. Mix together with the flour to coat.
3. Wedge the sliced sweet potatoes at the bottom of the pot. Put the meat on top of the sweet potatoes and smear with the mustard.
4. Pour the maple syrup and soy sauce all over the meat and sprinkle generously with black pepper. Pour the wine and water into the pan and cover. Bake for one and a half hours.
5. Let cool to room temperature or refrigerate overnight. Remove the meat onto a cutting board and slice thinly with a sharp knife against the grain.
6. Place meat together back into the pot and press into the liquid. Add one more cup of liquid (water, wine, or whatever you like) or just enough to cover the meat. Bake for one and a half more hours.