

Cranberry-Glazed French Roast

Recipe By Rorie Weisberg



Cooking and Prep: 
4.5 h

Serves:  10

Contains:    

Preference: Meat

Difficulty: Easy

Occasion: Rosh Hashanah,
Sukkot

Source: Family Table by
Mishpacha Magazine

This recipe is my go-to crowd-pleaser, and the Salad Mate BBQ Sauce added a great kick! I love making it in the sous-vide machine, but I gave directions for preparing it in the oven too. Enjoy! *A **Food Fight**, Round 2 Recipe*

Ingredients (15)

Meat

- 4- to 5-pound (2-kilogram) French roast
- 1 teaspoon Gefen Garlic Powder
- 1 teaspoon Gefen Onion Powder
- 1 teaspoon Gefen Paprika
- salt, to taste

pepper, to taste

Sauce

1 tablespoon avocado or coconut oil

1 onion, diced

1/4 cup sugar-free cranberry jam (I use Fiordifrutta Cranberry Fruit Spread)

2 tablespoons coconut aminos

2 tablespoons **Alfasi Cabernet Sauvignon** or other dry red wine

1 tablespoon Salad Mate BBQ Sauce

2 tablespoons orange juice

1 teaspoon garlic salt

1/2 teaspoon pepper

Start Cooking

Make the Roast

1. Combine garlic powder, onion powder, paprika, salt, and pepper in a bowl. Rub them over the meat.
2. In a large pot, sear the meat on both sides until browned.
3. Make the sauce: Heat avocado or coconut oil. Sauté onion until translucent, then combine with remaining sauce ingredients.
4. Transfer the sauce and meat to a sous vide bag. Cook on 136.4 degrees Fahrenheit (58 degrees Celsius) for four hours (for a medium roast). Remove meat from the bag and reserve sauce. Allow the meat to rest for 10 minutes before slicing. Serve with the reserved sauce drizzled over the meat.

Tip:

I recommend getting a proper vacuum-sealable bag for roasts, as they are heavy.

Variation:

To prepare in the oven: Season roast and allow to marinate overnight in the fridge. Follow directions for sauce above. Pour the sauce over the roast and cover tightly. Bake at 350 degrees Fahrenheit for one hour. Uncover and bake an additional 20 minutes or until browned. Allow to cool completely before slicing.