

Sweet and Sticky Silan Roast

Recipe By Chayie Schlissfeld



Cooking and Prep:  3
h 20 m

Serves:  8

No Allergens

Preference: Meat

Difficulty: Easy

Occasion: Rosh Hashanah

Diet: Gluten Free

Source: Whisk by Ami
Magazine

Cuisines: Ashkenazi

I love the family time we get to spend together on Rosh Hashanah. After a long day at shul, we are all ready to sit down and enjoy a Yom Tov seudah together. Although my kids are not the biggest meat fans, somehow everyone likes this roast. By cooking brick roast for a long time it gets really soft, and the silan makes it deliciously sweet. I received this roast recipe from my friend Rachel who is an amazing cook. She introduced me to silan, which is similar to honey but yet has an extra depth of flavor. This roast pairs beautifully with simply roasted carrots. Pour a little of the meat gravy over it for some extra sweetness.

Ingredients (8)

Main ingredients

- 1 (about 3- and- 1/2-pound) brick roast
- 2 tablespoons oil
- 1 onion, diced
- 5 cloves garlic, chopped

- 12 ounces Galilee's Silan Date Syrup
 - 1/3 cup water
 - 3 tablespoons onion soup mix
 - 1/2 teaspoon black pepper
-

Start Cooking

Prepare the Roast

1. Preheat oven to 350 degrees Fahrenheit. Rinse meat and pat dry, and place into a nine- by 13- inch pan.
2. Heat oil in a large pot over medium-high heat. Add onions and garlic. Sauté until golden, about 10 minutes. Add silan, water, onion soup mix, and pepper and bring to a boil. Lower flame and let simmer for five minutes.
3. Pour mixture over meat and cover tightly. Bake meat for three hours, turning over halfway through.

Credits

Photography and Styling by Esti Photography