

Natural Healing Express Weekly

Column 396 Grandma's Sunday Roast

Many of us look back with fond memories of childhood Sunday's spent in Grandma's kitchen. Since we are a farming based community and many of us gardeners, eating what we grow is almost second nature. Whatever second nature TRULY means.

I was blessed to have a maternal grandmother that loved to cook and also loved to have her grown children and sometimes bratty grandkids around her every Sunday. Almost every Sunday, we would load up the car and head west towards an old country road called Bethel that wound around and down to a beautiful valley. Grandma had been through some tough moments in her day, she was one of the first women in JO Daviess County to actually file for divorce from her first husband, she was widowed by her second husband (our biological Grandpa) and found the love of her life a little later in life (whom we all referred to as Grandpa Sherman). She farmed on her own and milked cows by hand on this small acreage where we all loved to run around and have adventure. Her property bordered Rush Creek and 9 times out of ten, after lunch (which she called Dinner) us kids would try to head straight to the river to cool off. Most of the time we had to participate in meal clean up before dipping our toes.

As I was telling this story to my younger generation, I realized the custom of gathering around the Sunday table as family and extended family was quickly fading, if not extinct in my generation. I really felt sad about this since growing up this was how we all communicated and caught up with each other. It was the cousins "snap chat" of the times. As a result, I am beginning to gather up a few of these wonderful memories and also start with traditions of our own.

One of the most amazing recipes was that of GrandMa's Sunday Roast. I can tell you what the ingredients were as I have made it with her a time or two, but I can NEVER get it to taste the way hers did. I guess Grandma's hands and the love she put into it were her own special ingredients.

Anyhow, Here's my best recollection

Ingredients – 2 ½ tbsp. all purpose flour, 1 tsp salt, ¼ tsp pepper, 1 rolled brisket joint weight at least 3 ½ lbs., 2 tbsp butter, 2 tbsp vegetable oil, 1 onion chopped, 2 celery stalks, chopped, 2 carrots peeled and chopped, 1 tsp dill seed, 1 tsp thyme, 1 tsp oregano, 1 ½ cups red wine, 1 cup beef stock, 5 potatoes cut into large chunks, 2 tsp., Chopped fresh dill.

Pre Heat oven to 275 degrees. Mix flour, salt and pepper in a small dish. Sprinkle on meat to coat. Heat oil pan a medium sauce pan, brown the meat.

Add in butter and cook onion, celery, carrots, thyme, dill seed and oregano for five minutes. Place all in casserole dish. We always used a blue granite roasting pan at Grandma's.

Pour in wine and enough stock to cover up halfway to meat. Bring to a boil, cover and cook in the oven 3 hours, turning every 30 minutes. After two hours, add in the potatoes. Add more stock if necessary.

Transfer into a serving dish. Strain leftover liquid into a pan. Mix the remaining butter and more flour to a paste. Bring the cooking liquid to a boil. Whisk in small pieces of flour and butter paste, whisking all the time until smooth. Pour this new sauce over the meat and vegetables. Sprinkle with fresh dill to serve.

Miss you all the time Grandma Hazel Arnold. Here's to our many great outings at your home. And, thanks for being such an independent lady who knew how to take care of herself and her family.

Godspeed.

Dr. Susan is available on Wednesdays and Saturdays and by appointment!

Enjoy! Hope to see you soon and as always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732 or 317 409 1500 email: [skscham@aol.com](mailto:skscham@aol.com) Address -204 W Main St, Lena, IL 61048. Website: [www.naturalhealingexpress.com](http://www.naturalhealingexpress.com) Facebook: Natural Healing Express