

## Christmas Dinner – Main dish

### Roast with Carrots and Mashed Potatoes

by Elia Leander Dorr

#### Ingredients:

1.5 kg carrots  
½ celery  
1 rod leek  
3 onions  
clarified butter  
1.5 kg beef  
½ l red wine  
½ tube of tomato paste  
2 tablespoons of medium-hot mustard  
salt & pepper  
3 bay leaves  
1.5 kg potatoes  
½ l milk  
tip of a knife of nutmeg  
sugar



#### Preparation

1. Cut 1/3 of the carrots and the celery into 2cm pieces. Chop two onions. Roast it all in clarified butter and put it on a plate.
2. Then roast the beef very hot on both sides. Put it into an ovenproof dish and add the roasted vegetables, the leek (also cut into pieces), the wine, the tomato paste, the mustard and the bay leaves.
3. Put the ovenproof dish into the oven for 5 hours at 120°C.
4. One hour before the end peel and cut the potatoes into big pieces and boil them in hot salted water. As soon as the potatoes are cooked, pour away the excess water and stamp them in the pot. Heat some butter until it becomes light brown and add it with some warm milk to the mashed potatoes. Season with ground nutmeg, salt and pepper.
5. Cut the rest of the carrots into small pieces and chop the last onion. Fry the onions in clarified butter and add the carrots. Heat them and spice them with salt, pepper and sugar.
6. Take the roast out of the oven and pass the vegetables through a sieve. Puree 1/3 of them to be a sauce and season with spices.