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Sirloin Tip Roast with Port Jus

Serves 4 to 6

Sirloin Tip Roast (from 2 to 3 lbs or whatever lbs works. Allow for about ½ lb per person)

1 big onion, chopped

6 large garlic cloves, minced

1 small potato per person, quartered or in eights

2 large carrots, large dice

1 large parsnip, large dice

1 large baby turnip, large dice

couple of sprigs each fresh rosemary and thyme (you can use about 1 tablespoon of dried, combined)

1 to 2 Bay Leaves

2 Tablespoons tomato paste

1 teaspoon honey, optional

2 to 3 tablespoons stone ground Dijon mustard

2 cups chicken or beef broth, low sodium

1 cup good red wine, can be leftovers

1 cup or so of Port or red wine

Himalayan Pink sea salt or your preferred type and freshly ground pepper to taste

1. In a deep vessel, like a roasting pan or soup pot, or a pressure cooker, brown sirloin tip roast on all sides in about 1 tablespoon of hot oil. Take it out of the pot. Pour off excessive fat.
2. Add the onions to the pot and slightly brown.
3. Throw in 2 bay leaves, a couple of fresh rosemary sprigs, and a couple of fresh thyme sprigs.
4. Place all the vegetables in the pot with the onions to act as a bed for the meat.
5. Place the meat on top of the vegetables, Generously sprinkle with coarse kosher salt and freshly ground pepper, slather it with Dijon mustard..
6. Add 2 cups of broth.
7. Pour a good tasting red wine (I used a Chilean Malbec last week) until it reaches about half way up the vegetables and touches the bottom of the meat.
8. Add about 1 to 2 cups of port wine (white or ruby red).
9. Add tomato paste.
10. Bring to a boil on top of the stove.
11. Cover and place in a preheated oven to 350 degrees F for about 2 to 3 hours. When a fork enters the tender meat easily...and I mean easily because that's the magic... It's done.
12. Take meat and vegetables out of the pot. Reduce (boil on top of stove) juices until about half. Skim off fat, if possible.
13. Serve by slicing meat about 1/8 inch thick. Serve along with vegetables and covered in the juices. Yummmmo!
14. Sometimes nice to make a day ahead. Refrigerate or freeze. Take off the solid fat. Then reheat in a 350 degree F oven or microwave portions. Tastes even better the next day.