PRIMAL GUIDE

# Animal-Based Tallow Pot Roast with Apple Cider Gravy

PREP 20 MIN • COOK 3 TO 4 HR • YIELD 6 TO 8 SERVINGS

## INGREDIENTS

- 1 grass-finished beef chuck roast, 3 to 4 lb
- 2 tsp salt, plus more to taste
- 2 tbsp grass-fed beef tallow
- 2 cups beef bone broth
- ½ cup fresh-pressed apple cider (unpasteurized, just apples)
- 2 firm apples (such as Honeycrisp or Pink Lady), cored and cut into thick wedges
- 3 tbsp grass-fed butter, for the gravy
- raw sour cream, to serve (optional)
- a few sprigs of fresh thyme or rosemary (optional; not technically animal-based)
- 1 lb carrots, parsnips or potatoes, cut into large chunks (optional, if tolerated)

Check the cider label. It should list apples only. Skip any with added sugar, flavors or preservatives.
If you use raw dairy, buy only from a clean, trusted producer you know and talk to your doctor first. Laws vary by state (see our Raw Milk Laws by State guide). Primal Guide isn't liable for illness from foods you choose to eat.

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Not medical advice. Talk with your doctor about your diet.

Two-sided card. Print at 100% (Actual size), not Fit to page, on US Letter, double-sided, flip on long edge, then trim to the marks. Card: 4 × 6 in landscape.

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## STEPS

1. Pat the roast dry and season it all over with the salt. If you have time, do this the night before and leave it uncovered in the fridge.
2. Heat the oven to 300°F (150°C).
3. Melt the tallow in a large Dutch oven (cast iron or enameled cast iron) over medium-high heat.
4. Sear the roast 4 to 5 minutes per side, until deeply browned. Move it to a plate.
5. Pour in the cider and scrape up the browned bits. Add the broth, then return the roast to the pot.
6. Tuck the apple wedges, herbs and any root vegetables around the roast.
7. Cover and braise in the oven for 3 to 4 hours, until the beef pulls apart easily with a fork.
8. Move the roast, apples and vegetables to a platter and tent them loosely with foil.
9. Skim the fat from the pot. Simmer the juices over medium heat for 8 to 12 minutes, until reduced by about half.
10. Take the pot off the heat and whisk in the butter a tablespoon at a time. Taste and add salt.
11. Slice or pull the beef, spoon the gravy over it, and add a dollop of raw sour cream if you like.



Back of card (steps). Page 1 is the front (ingredients). Trim to the marks after duplex printing.