



 **53%**
HEALTH SCORE

Shaker Cranberry Pot Roast

 **Gluten Free**

READY IN



330 min.

SERVINGS



10

CALORIES



1211 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10 pounds scalped beef shoulder
- 4 ounces butter (1 stick)
- 3 cups cranberries whole
- 1 quart 1/4 cup dried cranberry (juice sweetened if possible)
- 1 standard sachet of garlic cloves
- 1 cloves garlic for rubbing beef
- 0.8 cup half-and-half
- 1.5 pounds mirepoix chopped (mix of celery, onions, and carrots)

- 4 ounces roasted garlic chopped
- 2.5 pounds russet potatoes peeled
- 10 servings salt and pepper black freshly ground
- 6 ounces sugar
- 1 can tomato paste
- 12 pounds veal bones
- 3 tablespoons vegetable oil
- 2 cups water
- 9 quarts water

Equipment

- frying pan
- sauce pan
- oven
- mixing bowl
- pot
- hand mixer
- roasting pan
- wooden spoon

Directions

- Preheat the oven to 350 degrees F. Clean the beef shoulder and then split it in half. Rub meat with garlic.
- Heat oil in a large pan over medium-high heat, and then add beef and sear until golden brown on all sides.
- Add cranberry juice and deglaze pan, scraping the bottom with a wooden spoon to remove any browned bits.
- Transfer beef and pan juices to a roasting pan with the Cranberry Sauce and Veal Stock. Roast for approximately 5 hours, or until meat is completely tender and pulling apart.
- Serve with Garlic Mashed Potatoes.

- Place all ingredients in a medium saucepan and slowly bring to a simmer over medium heat. Reduce heat to medium-low or low and let sauce reduce until thickened and the sauce "comes together," about 1 hour.
- Preheat oven to 400 degrees F. Roast the bones in the oven for 1 hour.
- Put the roasted bones in a large pot and add water to cover.
- Add all other ingredients and simmer for 24 hours.
- Drain stock and discard bones.
- Place the potatoes in a large pot and cover with cold water. Over medium heat, bring to a simmer and cook until the potatoes are tender.
- Drain potatoes and add to a mixing bowl.
- Add all remaining ingredients and mash with an electric mixer or hand mixer to desired smoothness.

Nutrition Facts



PROTEIN 45% **FAT 33.28%** **CARBS 21.72%**

Properties

Glycemic Index:46.58, Glycemic Load:37.51, Inflammation Score:-8, Nutrition Score:50.770869648975%

Flavonoids

Cyanidin: 13.93mg, Cyanidin: 13.93mg, Cyanidin: 13.93mg, Cyanidin: 13.93mg Delphinidin: 2.3mg, Delphinidin: 2.3mg, Delphinidin: 2.3mg, Delphinidin: 2.3mg Malvidin: 0.13mg, Malvidin: 0.13mg, Malvidin: 0.13mg, Malvidin: 0.13mg Pelargonidin: 0.1mg, Pelargonidin: 0.1mg, Pelargonidin: 0.1mg, Pelargonidin: 0.1mg Peonidin: 14.75mg, Peonidin: 14.75mg, Peonidin: 14.75mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 1.31mg, Epicatechin: 1.31mg, Epicatechin: 1.31mg, Epicatechin: 1.31mg Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 2.18mg, Myricetin: 2.18mg, Myricetin: 2.18mg, Myricetin: 2.18mg Quercetin: 4.66mg, Quercetin: 4.66mg, Quercetin: 4.66mg, Quercetin: 4.66mg

Nutrients (% of daily need)

Calories: 1211.19kcal (60.56%), Fat: 44.2g (68%), Saturated Fat: 19.98g (124.9%), Carbohydrates: 64.91g (21.64%), Net Carbohydrates: 59.7g (21.71%), Sugar: 35.36g (39.29%), Cholesterol: 398.14mg (132.71%), Sodium: 536.03mg (23.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 134.5g (268.99%), Vitamin B12: 15.02µg (250.37%), Zinc: 37.3mg (248.65%), Selenium: 151.19µg (215.99%), Vitamin B6: 3.77mg (188.3%), Vitamin B3: 27.36mg (136.81%),

Phosphorus: 1258.96mg (125.9%), Iron: 15.43mg (85.72%), Potassium: 2453.75mg (70.11%), Vitamin B2: 1.13mg (66.25%), Copper: 0.93mg (46.5%), Magnesium: 173.9mg (43.48%), Vitamin B5: 4.04mg (40.38%), Vitamin C: 29.86mg (36.19%), Vitamin B1: 0.53mg (35.25%), Manganese: 0.63mg (31.67%), Vitamin K: 26.7µg (25.43%), Vitamin E: 3.25mg (21.69%), Fiber: 5.22g (20.86%), Calcium: 165.82mg (16.58%), Folate: 55.48µg (13.87%), Vitamin A: 536.53IU (10.73%), Vitamin D: 0.45µg (3.02%)