

Cook Once, Eat Twice

1. Sunday Pot Roast with Mushroom Gravy

PREP TIME: 5min

COOK TIME: 180min

SERVES: 4 servings with leftovers

Ingredients

1 (4 to 5-pound) boneless beef bottom round roast
Kosher salt and freshly ground black pepper
2 tablespoons olive oil
1 pound cremini mushrooms, cleaned and quartered
2 medium yellow onions, halved and sliced
4 cups low-sodium beef broth

Directions

Preheat the oven to 325 degrees F.

Pat the meat dry with paper towels and season well on all sides with salt and pepper. Heat the oil in a large Dutch oven over medium-high heat, add the roast and brown all sides, about 4 minutes per side. Transfer the meat to a plate and add the mushrooms.

Season with salt and pepper and cook; stirring occasionally until browned and beginning to release liquid, about 5 minutes.

Add the onions and broth and stir until combined. Nestle the roast into the vegetables, adding any juices it released to the pot. Add the beef broth, bring to a simmer, cover, and transfer to the oven to roast for 2 1/2 hours. Remove the lid, carefully flip the meat and continue cooking for 30 minutes; the meat should be fork tender and the liquid reduced.

Remove the pot from the oven; transfer the meat to a cutting board and tent with foil to keep it warm. Let the mushrooms and onions stand several minutes undisturbed to allow some of the beef fat to rise to the surface. With a large spoon, skim off the excess fat and discard. With a ladle, add about 1 1/2 cups of the mushrooms and onions with some cooking liquid to the bowl of a blender or food processor. Carefully puree the mixture until very smooth. Pour the puree back into the pot and stir very well until combined; taste and adjust seasoning.

To serve, slice the pot roast and arrange on a serving platter. Drizzle some mushroom gravy over the top and pass the extra gravy at the table.

2. Parsnip-Potato Mash

PREP TIME: 10min

COOK TIME: 30min

SERVES: 4 servings plus leftovers

Ingredients

2 1/2 pounds Yukon gold potatoes, peeled and coarsely chopped

1 1/2 pounds parsnips (about 8 small), peeled and chopped

Kosher salt

1/2 cup (1 stick) unsalted butter

3/4 cup half-and-half

Freshly ground black pepper

Finely chopped chives, for garnish, optional

Directions

Put the potatoes and parsnips in a large heavy-bottomed saucepan, cover with cold water and salt it generously. Bring the potatoes to a boil over high heat; reduce heat to medium and simmer until fork tender, 20 to 25 minutes. Put the butter and half-and-half in a small saucepan over medium-low heat until the butter is melted and the mixture is hot.

Drain the potatoes and parsnips well and return them to the hot pan. Stir the vegetables in the pan to dry them out a bit. Add the hot butter mixture and season with salt and pepper. Mash with a potato masher until smooth. Transfer to a serving bowl and garnish with chopped chives.

3. Pot Roast and Arugula Panini

PREP TIME: 5min

COOK TIME: 20min

SERVES: 4 Sandwiches

Ingredients

8 slices seven-grain bread, about 1/4-inch thick

2 1/2 tablespoons Dijon mustard

8 ounces creamy Havarti, thinly sliced

2 cups (about 12 ounces) leftover shredded pot roast, at room temperature, from Sunday Pot Roast with Mushroom Gravy recipe

1 cup baby arugula leaves

Kosher salt and freshly ground black pepper

Directions

Heat a large well-seasoned cast iron skillet over medium-low heat.

Lay the bread slices on a work surface and spread about a teaspoon of mustard on each slice. Divide the sliced cheese among all 8 slices. Evenly spread the meat over 4 cheese-topped bread slices, followed by 1/4 of the arugula. Season with salt and pepper and cover with the remaining 4 slices of bread.

Working in 2 batches, if necessary, put 2 of the sandwiches into the skillet. Weight the sandwiches down with a bacon press or cover them with a sheet of parchment and set a slightly smaller skillet directly on top. Put a can of tomatoes or a brick in the top skillet to weigh the pan down. Cook until the sandwich bottoms are golden and cheese is beginning to melt, 5 to 6 minutes. Remove the bacon press or top skillet, flip the sandwiches, return the press or parchment and top skillet to the pan and cook until golden brown, an additional 3 to 4 minutes. Repeat with the remaining 2 sandwiches.

Slice the panini on a diagonal and arrange on a serving platter. Serve immediately.

4. Ham and Cheese Croquettes

PREP TIME: 5min

COOK TIME: 10min

SERVES: 8 (2-inch) croquettes

Ingredients

1 cup leftover potatoes from Parsnip-Potato Mash recipe or plain mashed potatoes

1/4 cup all-purpose flour, plus more as needed

1/2 cup finely shredded Gruyere cheese, about 1-ounce

1/2 cup very finely diced cooked ham or country ham, about 2 ounces

Kosher salt and freshly ground black pepper

1/4 cup vegetable oil, for frying

Directions

In a bowl, mix the potatoes, 1/4 cup flour, cheese, and ham with a large rubber spatula until combined. Season with salt and pepper, to taste and divide the mixture into 8 equal portions. Rub your hands with a small amount of flour and form the portions into small flat disks about 1/2-inch thick. Use just enough flour to keep the potatoes from sticking to your hands, but do not coat them completely.

Heat the oil in a large non-stick skillet over medium-low heat. Shallow-fry the croquettes, turning once, until golden brown, about 4 minutes per side. Remove from the oil and drain on a paper-towel lined plate. Let the croquettes cool for about 5 minutes before serving.

Cook's Note: This recipe doubles easily if you have enough leftover potatoes.