

# English Roast Beef















# Instructions

1. Preheat the oven to 350 degrees F
2. Make the pot roast:
3. Season roast all over with salt and pepper.
4. Melt butter in a Dutch oven over medium-high heat. Brown roast on all sides in the butter, 6 to 8 minutes. Add water, onion, and garlic around the roast, then sprinkle sage, mint, seasoning salt, and pepper flakes over top.
5. Cover the pot and transfer to the preheated oven. Bake until tender and cooked through, about 2 hours for rare or 3 for well-done. Remove from the oven; transfer roast to another pan and keep warm. Set aside pan drippings for the gravy.
6. Make the gravy:
7. Melt butter in a medium skillet over medium heat. Whisk in flour until smooth. Remove from the heat and add cold water; whisk until a smooth paste is formed.
8. Return to the stovetop over medium heat. Stir in sage and mint, then pour in pan drippings. Boil, stirring constantly, until gravy is thickened.
9. Slice the roast and pour gravy over the top.
10. Serve and Enjoy!

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