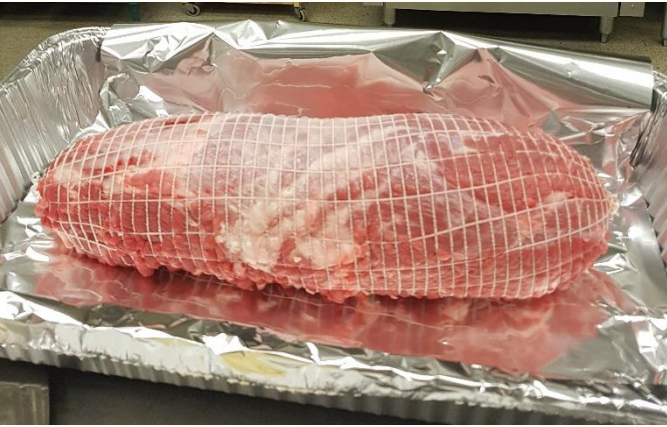


Chuck Roast still a favorite and so delicious...

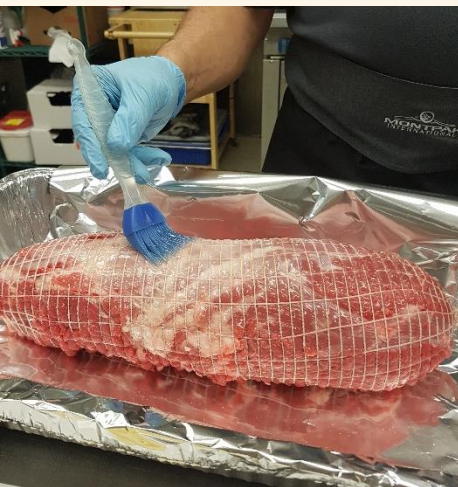


Beforehand: Defrost the frozen veal shoulder roast in the fridge overnight.

Step 1. Preheat oven to 350°F. Line a large roasting tray with a large piece of heavy aluminum foil, large enough to cover and seal the roast. Brush roast with olive oil.

Step 2. Season roast with salt, pepper, oregano, ground thyme, garlic, sprigs of rosemary. Rub roast with mix. Make sure the it is well covered with the seasoning mix.

Step 3. Add one large onion sliced into rings and 3 branches of celery cut up into 2 inch pieces.



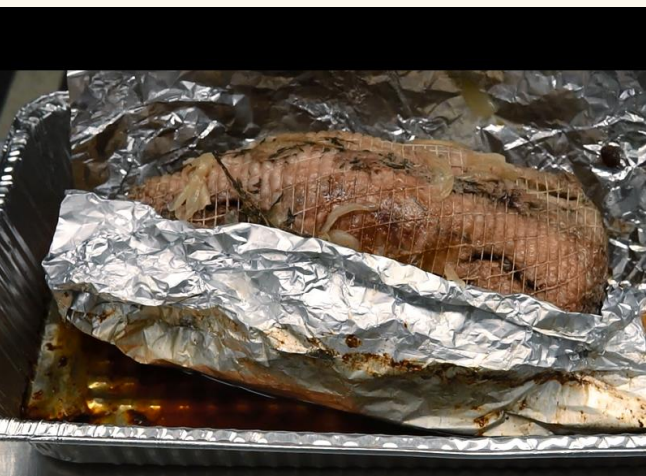
Step 4. Take the aluminum foil and roll tightly in order to enclose the roast completely.



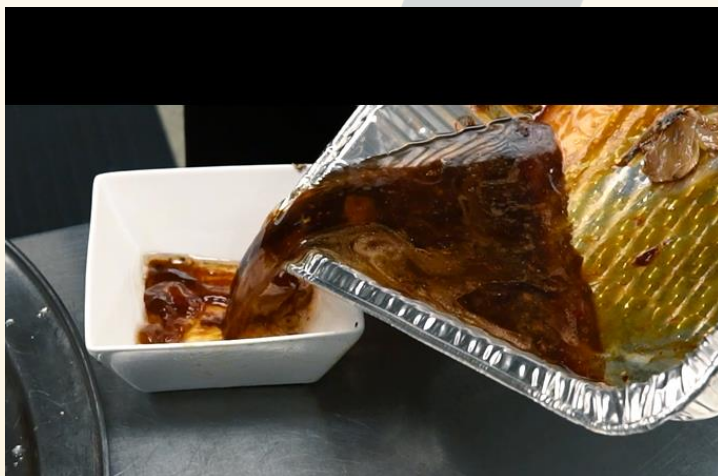
Step 5. Place roast in a pre heated oven at 350°F. Cook for approximately 3 hours or 20 minutes per pound or until internal temperature reaches 175°F.



Step 6. Remove roast from the oven and let sit for 15 – 20 minutes before removing the foil wrap.



Step 7. Collect the natural juices from the pan and foil in a bowl for use later.



Step 8. With kitchen scissors cut netting and remove it completely from the roast.



Step 9. Place roast on a cutting board and slice into ¼ inch thick slices or slice roast according to your preferred thickness.



Step 10. Pour the juices that were set aside over the roast prior to serving.



Bon appétit!

