

Authentic Chicago Style Italian Beef Sandwiches

1 large Rump or Pot Roast 6lbs
1 onion quartered
1 bay leaf
4 garlic buds
1 Tbsp Italian seasoning or basil/oregano
1 tsp red pepper flakes
Salt and black pepper

Put meat in a Dutch oven or covered heavy pot on the stove top. Sprinkle seasonings and all ingredients over the meat. Simmer very slowly so the meat draws its own juice for about 3.5 hours. Slice meat very thinly and put it back in the pot. Add a bit more Italian seasoning to freshen it up and simmer for another ½ hour or so, stirring it into the juice every so often. It should start falling apart so you know it's ready.

Serve on Hoagie Rolls with roasted red peppers OR Victoria's Chicago Style Hot Giardeniera Pepper Mix OR Barbeque Sauce.

Scott Herkes