
Rolled Rump Deluxe

Mrs dorothea R Parks - Miltonvale, KS

Olde Family Favorites - Order of the Eastern Star -1965

1 four-pound rolled rump roast

1/2 cup flour

salt

pepper

beef fat or drippings

1/2 teaspoon cloves

1 teaspoon ginger

1/2 teaspoon allspice

1/2 teaspoon cinnamon

1 bay leaf

2 medium onions, chopped

1/2 cup water

1/2 cup burgundy wine or claret

2 tablespoons sugar

Rub the meat with flour, salt and pepper. In a skillet, brown on all sides in beef fat or drippings.

Add all of the seasonings, onions and the water.

Bake in a covered pan at 325 degrees for 3 to 3-1/2 hours. Remove the cover.

Add the wine and the sugar.

Bake for 15 minutes, basting every 5 minutes.

Yield: 8 to 10 servings

Beef

Per Serving (excluding unknown items): 424 Calories; 1g Fat (2.9% calories from fat); 9g Protein; 95g Carbohydrate; 7g Dietary Fiber; 0mg Cholesterol; 16mg Sodium. Exchanges: 3 1/2 Grain(Starch); 3 1/2 Vegetable; 0 Fat; 1 1/2 Other Carbohydrates.