

# A RECIPE FROM TRAY HORVATH

## Grandma's Pot Roast

Serves 6

Rump Roast: 3-4 lbs  
1.5 tablespoon kosher salt  
1.5 teaspoon pepper  
2 tablespoons flour  
3 tablespoons Crisco  
1 cup water

Gravy  
2 tbl spoons flour  
3/4 cup warm water  
Jus from roast

## Directions

### Roast:

Grandma's Directions

Heat electric skillet to medium high. Combine kosher salt and pepper, rub on all sides of rump roast depending on size of roast may take a bit more. Lightly flour roast with 2 tablespoons of all-purpose flour. Melt Crisco in pan. Sear roast on all sides until brown. Turn skillet temperature to medium low to slow roast add 1 cup of water. Cover with lid and slow roast for 4-5 hours depending on size of roast. Remove roast from pan when done and set aside.

### If you have not electric skillet – as most of us do not these days:

Set oven to 300 degrees (not convection). Place a Dutch oven over a medium-high flame. Set Combine kosher salt and pepper, rub on all sides of rump roast depending on size of roast may take a bit more. Lightly flour roast with 2 tablespoons of all-purpose flour. Melt Crisco in pan. Sear roast on all sides until brown. Cover with the lid and put in the oven for 4 hours. Remove roast from pan when done and set aside.

### Gravy:

Combine 2 tablespoons all-purpose flour with ¼ cup warm water in a jar with tight-fitting lid. Shake until it forms a slurry with no lumps. Slowly whisk slurry mixture into jus from roast in electric skillet.

Flour and warm water in a jar – shake to make gravy. Pour flour water mixture into meat drippings slowly. Let simmer until it thickens

Best served with Green Beans and Mashed Potatoes

### Notes from Grandma Conring:

Can use oil but Crisco makes for a darker more flavorful gravy.  
Warm water helps better dissolve flour for lump free gravy.

Tray Horvath is the Executive Chef that oversees a trio of South Austin brands: [Primizie Catering](#), [Wildflower Café](#), and [Circle C Café](#). His culinary training began in New Orleans where he received a culinary arts degree and worked for the Hyatt Regency. Tray spent several years in New Orleans, which added a French and Cajun twist to his Texas roots.

Always looking to expand his experiences, Tray moved to Savannah with the Hyatt. Savannah's flair for "spicing up" traditional southern cooking and seafood added yet more depth to Tray's culinary style.

Originally from San Antonio, Tray's return to Texas brought him to Austin. Working for Barton Creek Resort as the banquet chef, he had the opportunity to prepare a wide spectrum of meals ranging from traditional Texas barbeque to gourmet cuisine.

Bringing together all of his experiences, Tray and his wife Emily launched [their own company in 2005](#). With a flair for Southern hospitality and elevating the traditional to be exceptional, you will find the reflection of family and experience in all he prepares.

Find the Horvaths here:

<http://primizieaustin.com>  
<http://wildflowercafeatx.com>  
<http://circleccatering.com>

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This recipe was found on the Sacred Stories website: [sacredstoriesfilms.com/grandmas-pot-roast](http://sacredstoriesfilms.com/grandmas-pot-roast)  
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