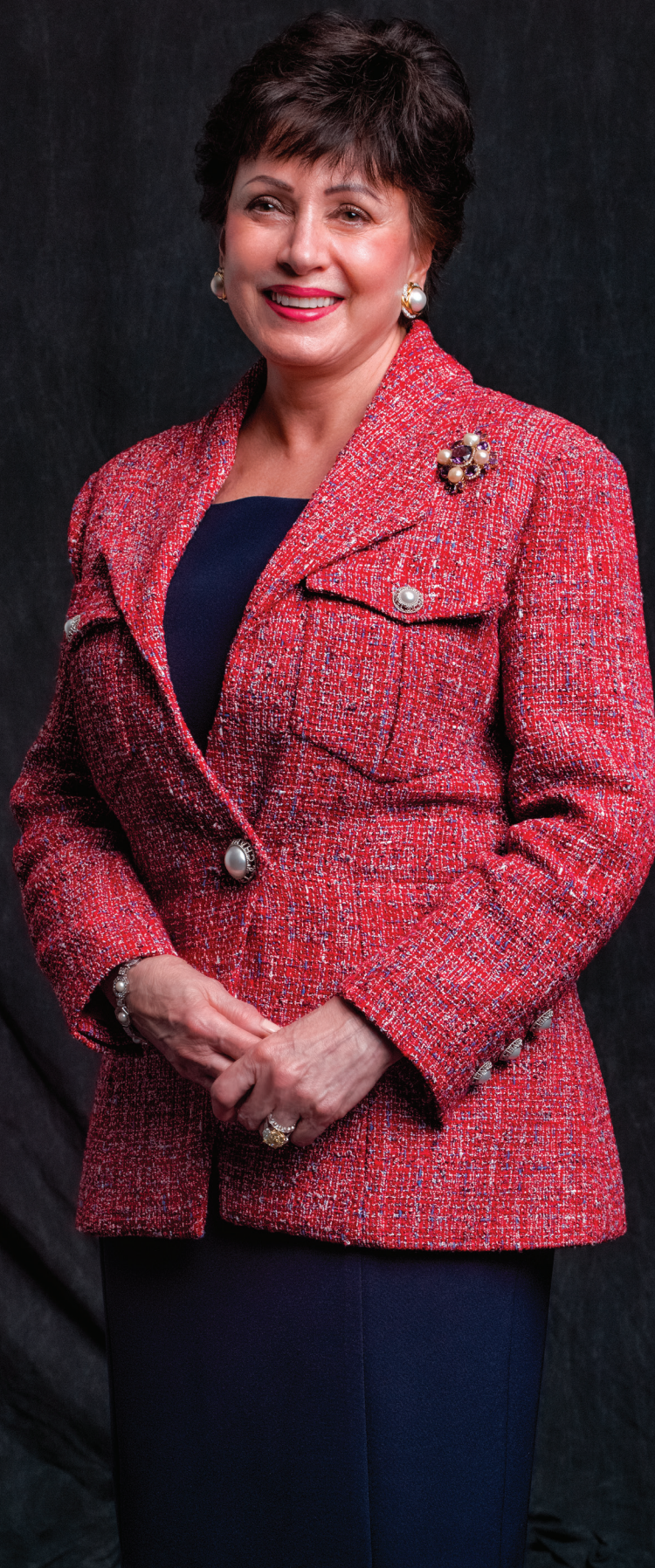


A Provocative Question at the Dinner Table with

GAYLE BENSON

OWNER, NEW ORLEANS SAINTS
AND NEW ORLEANS PELICANS

Gayle Benson's last meal would be an opportunity to bring to the table those who are closest to her to enjoy wonderful wine and good conversation. The food would include favorite dishes, such as Central Grocery's olive salad served with Italian French bread and a homemade baked macaroni and cheese dish. The main course would be her mother's **Easy Pot Roast** recipe, which Mrs. Benson has prepared many times, enjoying its flavorful simplicity and the memories of other good times shared at the table.



Gayle Benson is a businesswoman and owner of the New Orleans Saints and New Orleans Pelicans.



Photos by Kenny Morrison



"The pot roast was my mother's favorite recipe, and I've shared it with so many people." – GAYLE BENSON

EASY POT ROAST

Preheat the oven to 325°.

Wash the roast and season it to taste with salt and pepper. At the ends of the roast, make small incisions, and place the cloves from 1 head of garlic into those incisions. Lightly pat with flour.

Heat a pan over medium high heat. Add oil and the lightly smashed cloves from the remaining head of garlic, swirling to coat. Place the roast in the pan and lightly brown on all sides, approximately 5 minutes each side.

Grease a 9x13 baking dish with oil. Transfer the roast to the dish and set it aside to make the roux. Discard the lightly smashed cloves that flavored the oil.

Heat ½ cup of oil in a pot over low heat. Whisk in the flour, a little at a time, until the roux becomes smooth and thick. Continue to cook, stirring constantly with a spoon from the bottom of the pot, until the roux darkens to a rich brown color, about 20 to 30 minutes. Pour over roast.

Cover the roast with foil and place into the oven.

After approximately 4 to 5 hours, when the meat is tender, add the onions, potatoes, and carrots to the dish around the roast. Continue to cook for another 30 to 40 minutes, until vegetables are also tender.

Remove the roast to a cutting board and let it sit for approximately 5 minutes before cutting and serving with the vegetables over rice.

INGREDIENTS

- 1 5-pound chuck roast
- All-purpose flour – at least 1 cup, plus more to pat on roast
- Salt, to taste
- Black pepper, to taste
- 2 heads garlic, cloves peeled
- 1 large white onion, chopped
- 2 stems green onions, washed and trimmed of the root end
- 8 small new red potatoes, scrubbed and cut in half
- 1 dozen small carrots, peeled
- Mazola® cooking oil
- Rice, to serve

