

## SAS CEO Jim Goodnight & Ann Goodnight – Pot Roast

### Ingredients:

1 (3-lb) chuck roast, room temp.	6 fresh thyme sprigs
Salt and freshly ground black pepper	6 fresh rosemary sprigs
2 T. canola oil	1 c. dry red wine
1 large onion, cut into 8 wedges	4 to 6 cups beef broth
6 carrots, cut into 2-inch pieces	1 lb. small red skinned or fingerling potatoes

### Instructions:

Preheat oven to 325 degrees. Season the roast generously on all sides with salt and pepper. Heat oil in Dutch oven. Add roast and sear to a rich brown color, about 2 to 3 minutes on each side. Transfer the roast to a plate and set aside. Add the onion, 2 of the carrots and the herbs to the pot you cooked the roast in. Cook, stirring often, until the vegetables are light brown and the onion is soft, 3 to 4 minutes. Return the roast to the pot. Add the wine and enough broth to nearly cover the roast and bring to a low boil over medium heat. Cover with a lid and place the meat in the oven for 2 hours 30 minutes. Add the potatoes and remaining carrots and continue roasting for another 40 to 60 minutes, until the meat breaks apart easily and the potatoes are tender. Transfer the roast to a shallow serving bowl and cover loosely with foil to keep warm. Remove the herb stems. Use a large spoon to skim the fat off the top of the pan juices. Pour the juices and the vegetables over the roast and serve warm.

## SAS CIO Keith Collins' Shrimp and Grits

For Grits:

- 4 C water
- 1 C grits stone ground
- 1 teaspoon sea salt
- 1/2 C grated pepper jack cheese
- 1/2 C grated sharp white Vermont cheddar cheese
- 1/2 C grated sharp cheddar cheese
- 1/4 C cream or half & half
- Nutmeg
- White pepper

Bring water to boil and stir in grits. Reduce heat to low and cover cook 30-35 min. When some liquid remains, stir in cheeses, nutmeg, pepper, cream. It will be soupy. Cover and keep on low to thicken and keep hot.

Note: Can use 3/4 c pepper jack & 3/4 cup sharp white cheddar. I have added about 4oz Neufchâtel cheese. I usually have close to 2 cups cheese.

For Shrimp:

- 1 lb very lean bacon, diced
- 1.5 lbs jumbo NC shrimp, peeled, deveined & patted dry
- 1 C cremini mushrooms, sliced
- 1 C white mushrooms, sliced
- 1 large shallot, sliced paper thin and minced
- 2 large garlic cloves, crushed
- 1 bunch scallions, sliced thin (white & green parts)
- 4 teaspoons fresh lemon juice
- fresh chopped parsley
- Olive oil
- Tabasco
- Salt & pepper
- 2 T butter (optional)

In large skillet cook bacon until almost crispy. Remove bacon bits and drain on paper towel (reserve for garnish).

Add enough olive oil to skillet to depth of 1/8 to 1/4 in. Add shrimp. Cook 2-3 min each side and remove to holding plate.

Add shallot and cook 2-3 min over med heat. Add mushrooms & sauté until soft (about 4 min).

Return shrimp to pan.

Add garlic through garlic press, white part of the scallions and stir. Add lemon juice, salt & pepper to taste, and a dash of Tabasco. Assemble cheese grits, shrimp on top.

Garnish with bacon bits, scallions green parts, fresh parsley. Serve immediately (with Additional Tabasco)

## **SAS CTO Armistead Sapp – Nana’s Chicken Casserole**

Use equal parts cream of mushroom soup and sour cream (for sauce)

Layer the bottom of the pan with ham. Place chicken breasts wrapped in bacon on top of ham and cover with the sauce created.

Bake at 325 degrees for 3 hours (or 350 degrees for 2 hours).

The dish is best served with carrots and over rice.