Pot Roast

Make-ahead · Serves 6

Ken's note: TBD

Chuck roast braised with carrots, celery, and potatoes until fall-apart tender, with plenty of gravy.

Ingredients

- 3–3½ lb beef chuck roast
- 1 tsp kosher salt
- 1 tsp black pepper
- 2 Tbsp olive oil
- 1 onion, in large chunks
- 4–5 garlic cloves, minced
- 1 Tbsp tomato paste
- 1 Tbsp Dijon mustard
- 1 cup red wine (or apple juice)
- 2 cups beef broth
- 2 rosemary sprigs
- 2–3 thyme sprigs
- 2 bay leaves
- 1 lb carrots, in 3–4-inch sticks
- 3 celery stalks, in 1-inch chunks
- 2 lb Yukon Gold or baby potatoes, quartered
- Cornstarch or arrowroot slurry (2 Tbsp starch + 3 Tbsp water), if you want a thicker gravy
- Parsley, to finish

Method

1. Pat the roast dry and season with the salt and pepper. Sear in the oil in a Dutch oven (or skillet) over high heat, 4–5 minutes per side, until deeply browned. Set aside.
2. Cook the onion and garlic 3–4 minutes. Stir in the tomato paste and mustard, then deglaze with the wine, scraping up the browned bits.
3. Return the roast to the pot. Add the broth, herbs, and bay, then the carrots, celery, and potatoes around it. Cover and braise in a 300°F oven for 3–3½ hours, until the meat is fall-apart tender. Or use a slow cooker: low 7–8 hours, or high 4–5.
4. Remove the herb stems and bay leaves. Slice or shred the meat. For a thicker gravy, stir the slurry into the simmering juices until it thickens. Taste and salt at the end. Serve with plenty of gravy and parsley.