



LOVE TO COOK

KITCHEN KNEADS

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Classic Pot Roast

Serves 4-6

Nothing beats a classic pot roast! Easy to prepare, the oven does all the hard work of creating an entire delicious meal in one pot. We recommend using a large, enameled cast iron Dutch oven for roasting - it cooks food perfectly and clean up is so easy. A quick gravy ties all of the savory flavors together for a meal that delivers on comfort and flavor.

Ingredients:

(1) chuck roast (2 1/2 - 3 pounds), trimmed
4 tablespoons olive oil
1/2 teaspoon salt
1/4 teaspoon black pepper
3 large carrots, chopped
1.5 lb fingerling potatoes
1 large yellow onion, cut into 8-12 wedges
7 whole cloves of garlic, peeled
1 cup red wine
2 cups beef stock
4-5 sprigs of thyme
2 sprigs of rosemary
2 bay leaves

Pot Roast Gravy Ingredients:

2 cups pan drippings (or additional beef stock)
1 cup beef stock
2 tablespoons butter, softened
2 tablespoons flour
Salt and pepper, to taste

Directions:

1. Preheat the oven to 325°F.
2. Prepare the roast by trimming away extra fat on the perimeter, and patting the roast dry. Generously sprinkle with salt and black pepper. In a large enameled cast iron Dutch oven, heat the olive oil until hot and shimmering. Sear the roast on all sides until browned. Drain away any excess fat that's been rendered.

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3. Add the carrots, potatoes, onion, and garlic to the pan. Pour in the red wine and beef stock. Add the thyme sprigs, rosemary sprigs, and bay leaves tucking them in between the vegetables.

4. Cover the pot and place in the oven for about 2 hours, (or about 45 minutes per pound), until the meat is fork tender.

5. Remove the roast to a platter and loosely tent with aluminum foil. With a slotted spoon, remove the vegetables.

6. Prepare the gravy. Use a gravy separator to remove the excess fat from the pan drippings. Add an additional cup of beef stock (or additional stock to make a total of 3 cups of liquid). Bring the liquid to a simmer and reduce by half leaving approximately 1-1/2 cups of liquid. While the gravy simmers, massage the softened butter and flour together into a paste making a *beurre manie*; divide into 4 small balls. (This step ensures that the gravy will be lump-free) Once the liquid has been reduced, add one piece at a time to the simmering pan juices, stirring continuously until the gravy thickens. Season with salt and pepper to taste. Serve on the side.