

# BELGIAN POT ROAST CARBONNADE

F EASY

Last Modified: 01/15/2015

PREP: 45 Min  
COOK: 2 To 5 Hrs  
OVEN: 325

BEEF

MAKES 4 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
1 1/2+	Pounds	Chuck Roast (English Cut)	Cubes
OR			
1 1/2+	Pounds	Chuck Roast (English Cut)	Whole
1/2	Pound	Thick Cut Bacon	1/2" Lardons
3	Large	Yellow Onions	Slivered
2	Tbsp	Vegetable Oil	
1	Pound	Carrot Fingers (Organic)	Whole
2 +/-	Tbsp	All Purpose Flour	
1 1/2	Tbsp	Dried Thyme	
A 50 / 50 MIXTURE OF			
1+/-	12 Oz	Bottles Dark Beer (Amber Style)	
AND			
1+/-	Cups	Beef Stock (Swanson)	
2	Tsp	Browning & Seasoning Sauce (Kitchen Bouquet)	
1 +/-	Pinches	Kosher Salt	To Taste
1 +/-	Pinches	Fresh Ground Black Pepper	To Taste

OPTIONAL			
2	Pounds	Red Potatoes (Peeled Or Not)	2" Chunks
OR			
2	Pounds	Yukon Gold Potatoes (Peeled Or Not)	2" Chunks

PREPARATION	
<b>NOTE</b>	This makes a very flavorful and dark colored "Sauce or Gravy". You have the option of leaving the Roast Beef whole or cutting it up into cubes ending up with a Stew. You may also optionally add in Potatoes cut into 2 inch chunks.
<b>NOTE</b>	You may optionally add the Vegetables, Meat and Braising Liquid into a crock pot after deglazing the dutch oven. Cook on low heat for 7 hours or on high heat for 6 hours.
<b>TOOLS</b>	1) Dutch Oven & Lid
<b>PREP</b>	<b>DISH</b> 1) Cut the raw Bacon slices into 1/2 inch wide Lardons and set them aside. 2) Peel the Onions and cut them into 1/4 inch thick slivers and set them aside. 3) If using Potatoes, peel (or not) and cut them into 2 inch chunks & keep in water.
<b>1</b>	In a large dutch oven, over medium heat, cook the Bacon until all of the fat is rendered. Remove the Bacon and set it aside.
<b>2</b>	Add in the Slivered Onions, sprinkle with a large pinch of Salt and cook while stirring until well caramelized (About 30 minutes). Remove the Onions and set aside.
<b>3</b>	Add the Meat and Flour into a large plastic bag, seal & shake until the Meat is coated completely with Flour.
<b>4</b>	Add the Vegetable Oil in the dutch oven and mix with any remaining Bacon Fat. Brown the Salted and Peppered Meat (cubes or whole roast) on both sides (Do not crowd to assure complete browning) - It may be necessary to do this in batches.

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<b>5</b>	Pour the Beer into the dutch oven and scrape the bottom to deglaze. Add in all of the Carrots, Potatoes (if using) and 1/2 of the Bacon. Add in the Beef Stock, Thyme and stir to mix. Add in the Beef, top evenly with the Caramelized Onions and the remaining Bacon Lardons. Pour in necessary Beef Stock along the sides until the Meat is 3/4 covered with liquid. Bring the entire mixture up to a simmer.
<b>6</b>	Preheat the oven to 325 degrees with a rack just below the center.
<b>7</b>	Cover the dutch oven and put it in the oven and braise until the Meat is tender (about 2 to 3 hours if the Meat is cubed or 4 to 5 hours if the Meat is whole). You want the Beef to end up fall-apart tender.
<b>8</b>	Using tongs, carefully remove the Beef and using a slotted spoon, remove the Vegetables. Bring the Sauce to a slight boil over medium heat on the stovetop. Stir in the Kitchen Bouquet and enough 50/50 mixed Corn Starch and Water to thicken the Gravy. REMEMBER - Gravy thickens a lot more as it cools, even slightly.
<b>SERVE</b>	On a serving platter, arrange the Beef in the center with the Vegetables surrounding it and serve while hot with the Gravy on the side.