

EVERYDAY POT ROAST

Last Modified: 01/26/2016

PREP: 1 Hr
COOK: 3 Hrs
OVEN: 250

F EASY

BEEF

MAKES 6 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
3 ~ 4	Pounds	Chuck Roast (English Cut)	Boneless
4	Tbsp	Olive Oil	Divided
5	Pinches	Kosher Salt	
2	Large	Yellow Onions	Coarse Chop
3	Stalks	Celery	Chopped
2	Cloves	Garlic	Crushed
1	Pound	Carrot Fingers (Organic)	Whole
2	Pounds	Starchy Potatoes (Idaho / Russet)	Coarse Chop
1/8	Tsp	Crushed Red Pepper Flakes	
1/2	Cup	Tomato Paste (Contadina)	
1/2	Cup	Red Wine Vinegar (Colavita)	
2	Pods	Star Anise	
4	Sprigs	Fresh Thyme	
1 +/-	Cup	Beef Stock (Swanson)	
2	1/2 Inch	Strips Outer Orange Peel (NO White)	

PREPARATION

CARROT FACTOID	Ever notice that those leftover fingerling Carrots in your refrigerator turn white on the outside after a while? That's because they are soaked for hours in a Bleach solution before packaging. ALWAYS buy the "Organic" ones - NO BLEACH - EVER!
TOOLS	1) Dutch Oven & Lid 2) Vegetable Peeler
PREP	DISH 1) Coarsley chop the Yellow Onions and set them aside. 2) Chop the Celery and set it aside. 3) Crush the Garlic Cloves, thinly slice them and set them aside. 4) Peel off 2 thin strips of Orange Peel and set them aside. 5) Wash and coarsley chop the unpeeled Potatoes and set them aside. 6) Preheat the oven to 250 degrees with a rack in the lower 1/3.
1	In a dutch oven, over medium high heat, add in the 2 tablespoons of Olive Oil and heat until it begins to shimmer. Meanwhile, add two large pinches of Salt to each side of the Roast and pat it in. Brown the Roast well on both sides. Set the Roast aside and discard the fat in the dutch oven.
2	Add in 2 tablespoons of Olive Oil and heat until it shimmers. Add in the Chopped Onions and saute until they are transparent. Add in the Garlic, Celery and another pinch of Salt. Turn the heat up to high and saute the mixture until it begins to brown.

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3	Lower the heat to medium, add in the Tomato Paste and stir well. Add in the Red Wine Vinegar, Thyme Sprigs (tied together is OK), the Bay Leaves and the Star Anise. Add the Roast back in. Add in the Beef Stock until it comes 1/2 to 2/3 of the way up the side of the Roast. Add in one Orange Peel Strip on each side of the Roast.
4	Cover and place in the oven. Cook for 1 hour, Remove, turn the Roast over, stir in the Carrots and Potatoes and cook for another hour. Remove the cover and cook for an additional 30 minutes.
5	Remove the Vegetables. Remove and discard the Thyme Sprigs, Bay Leaves and Anise Pods. Remove the Roast and cut it into 1/2 inch thick slices.
SERVE	Place the Meat on a serving platter. Arrange the Vegetables around the outside and pour the remaining braising liquid over the top.