

SUNDAY POT ROAST

Last Modified: 01/04/2018

PREP: 30 Min
COOK: 4 Hrs
OVEN: 325

F EASY

BEEF

MAKES 6 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
3	Pounds	Chuck Roast (English Cut)	Trimmed
PLUS			
		Enough Flour To Coat The Roast	
4	Large	Yellow Onions	Quartered
1	Tbsp	Vegetable Oil	
2	Cups	Celery	Chopped
2	Pounds	Starchy Potatoes (Idaho / Russet)	Quartered
1	Pound	Carrot Fingers (Organic)	Whole
2	Cups	Dry Red Wine (Pinot Noir)	
5	Large	Cloves Garlic	Chopped
2	Tbsp	Cognac (Courvoisier VS)	
OR			
2	Tbsp	Brandy (E&J VSOP Reserve)	
1	Tsp	Beef Base (Superior Touch)	
1	Tbsp	Unsalted Butter	Room Temp
1 1/2	Tbsp	All Purpose Flour	
1/2	Tbsp	Dried Thyme	
2	Cups	Beef Stock (Swanson)	
1 +/-	Pinches	Kosher Salt	To Taste
1 +/-	Pinches	Fresh Ground Black Pepper	To Taste

PREPARATION

TOOLS	1) Dutch Oven & Lid 2) Plastic Bag
PREP	DISH 1) Chop the Garlic Cloves and set them aside. 2) Coarsely chop the Celery and set it aside 3) Quarter the Yellow Onions and set them aside. 4) Quarter the Potatoes and set them aside. 5) Preheat the oven to 325 degrees with a rack in the lower 1/3.
1	Place the Flour in a plastic bag, add the Roast & shake until it is evenly coated.
2	In a dutch oven over medium high heat, add in the Vegetable Oil and brown the Roast for 4 to 5 minutes on each side. Remove the Roast, pour off any grease left in the pot. Add in the Beef Stock and scrape to deglaze the fond from the pan.
3	Add in the Beef Base, Red Wine, Brandy, Thyme and Garlic and bring it to a boil. Add in the Onions, Celery, Carrots and Potatoes, cover and cook for 10 minutes, stirring occasionally.
4	Remove the Vegetables, add in the Roast and then add the reserved Vegetables on top.
5	Cover the dutch oven and braise until the Beef is fall-apart tender (about 4 to 5 hours).
SERVE	Place the Beef on a serving platter, surround it with the Vegetables and serve while hot.