

# Basic Beef Pot Roast

Swick

Serves 1 | Active Time: 30 minutes | Total Time: 5 hours

## Step 1: Preparing the Meat

- 3 to 4 lb beef shoulder or chuck roast
  - 1 to 2 tbsp grapeseed or vegetable oil
  - kosher salt (to taste)
  - freshly ground black pepper (to taste)
- Preheat the oven to 200°F or 95°C.
- To prepare the meat, dry it well using paper towels. Then oil and season generously with salt and pepper.
- Preheat a large, heavy-bottomed, oven-proof pot (Dutch-oven) over medium-high heat. Sear the meat on all sides and then set aside.

## Step 2: Adding Aromatics and Cooking the Meat

- 2 medium onions
  - 2 cloves garlic
  - 3 to 4 cups stock (or flavorful liquid of choice)
- Dice the onion and émincé the garlic. Add the onions to the pot. Sauté the onions, scraping the bottom occasionally to remove any succs.
- Once the onions are done, add the garlic and cook for a few seconds just to bring out the aroma.
- Now, add the meat back to the pot and pour in the liquid. Add just enough liquid to come about halfway up the beef. Place into the oven and cook for 2 to 3 hours, or until fork tender. Turn the meat at least 3 or 4 times during cooking to ensure any exposed meat is being cooked in the liquid.

## Step 3: Adding the Vegetables

- 2 large potatoes (approx. 2 to 3 cups)
  - 2 to 3 parsnips (approx. 1 1/2 cups)
  - 3 carrots (approx. 1 1/2 cups)
- While the meat cooks, prepare the vegetables. Peel and dice the potatoes into large pieces. Peel and cut the parsnips and carrots into large chunks.
- Once the meat is almost done, add the vegetables and then return to the oven. Cook for another 40 minutes to an hour until the meat is fork tender and the vegetables are just cooked through.

## Step 4: Testing for Doneness

Once the meat is fork tender and the vegetables are done, you can thicken the sauce and serve the dish immediately.

However, it is highly recommended that you cool the dish and then cover and refrigerate overnight to allow the flavors to mature and infuse into each other. Chilling the meat also makes it easier to slice.

## Step 5: Reheating and Serving

- roux or slurry (if needed)
- kosher salt (to taste)
- freshly ground black pepper (to taste)

To finish and reheat the pot roast, first remove any excess fat that may have risen to the surface. Next, remove the cold meat from the pot. Remove the strings and slice the roast into the desired thickness. Place the pieces into a flat casserole dish. Place the vegetables along side the roast.

Next, bring the sauce to a gentle simmer and, if needed, add either roux or a slurry to thicken the sauce. Add a bit at a time, while whisking continuously. Let the sauce come to a gentle boil before adding more. Once you reach the desired consistency, let it cook for a few minutes to cook out any raw starch taste. Season with salt and pepper to taste. Ladle the sauce over the meat and vegetables and cover with a lid or aluminum foil.

Place the pot roast into a preheated oven of at least 200° degrees Fahrenheit (95° C). Once the pot roast has fully heated through, serve and enjoy. Pot roast goes particularly well with horseradish and Dijon mustard.