

Classic Pot Roast

Serves: 4 to 6

Prep Time: 10 minutes

Cook Time: 4 hours

Make-Ahead:

Can be made up to 2 days ahead, cooled, covered, and refrigerated. Cover and rewarm in a 300°F oven for about 30 minutes, or until warmed through.

Ingredients

One 3 1/2-lb beef chuck roast

All-purpose flour, for dusting

2 tbs olive oil

1 onion, thinly sliced

4 garlic cloves, thinly sliced

1/2 bunch thyme, tied with butcher's twine

1 cup dry white wine

2 cups good-quality beef stock

1 lb red-skinned potatoes, halved or quartered if large

12 oz carrots (about 4 medium carrots), peeled, cut into 1-inch pieces



Method

1. Preheat oven to 300°F. Place Dutch oven or large heavy pot over medium-high heat. Season beef with salt and pepper. Dust beef with flour, shaking off any excess. Heat oil in pot and add beef. Sear beef on all sides, 10 to 12 minutes in total, or until browned all over. Transfer beef to plate. Reduce heat to medium.
2. Add onions and sauté 3 minutes, or until beginning to soften. Add garlic and thyme. Stir in wine and cook 4 minutes, or until completely reduced. Add stock. Return beef and any accumulated juices to pot. Bring mixture to a simmer, cover, and transfer to oven.
3. Cook 3 hours. Scatter potatoes and carrots around beef. Return to oven, uncovered, and cook, basting beef occasionally, about 40 minutes, or until beef is fork-tender.
4. Slice beef and serve with vegetables and cooking liquid.