Main dishes / United States

Pot Roast with Root Vegetables

A well-marbled chuck roast seared dark and braised low in red wine and stock until it yields to a spoon, surrounded by carrots, parsnips, and potatoes that drink up the deep, beefy gravy.

Time 240 min **Servings** 4

What you'll need.

- [ ] 1600 g Beef chuck roast, boneless (about 1.6 kg), tied
- [ ] 18 g Kosher salt
- [ ] 1 tsp Black pepper, freshly ground
- [ ] 30 ml Neutral oil
- [ ] 2 whole Yellow onions, cut into thick wedges
- [ ] 6 cloves Garlic, smashed
- [ ] 30 g Tomato paste
- [ ] 240 ml Dry red wine
- [ ] 480 ml Beef or chicken stock, low-sodium
- [ ] 1 tbsp Worcestershire sauce
- [ ] 5 sprigs Thyme
- [ ] 2 leaves Bay leaves
- [ ] 500 g Carrots, peeled, cut into 5 cm lengths
- [ ] 300 g Parsnips, peeled, cut into 5 cm lengths
- [ ] 700 g Small waxy potatoes, halved
- [ ] 10 g Flat-leaf parsley, chopped

Let's make it.

01 Heat the oven to 300°F (150°C). Pat the chuck dry and season all over with 14 g of the salt and the pepper. Heat the oil in a heavy 6–7 qt (6 l) Dutch oven over medium-high heat until shimmering. Sear the roast 4–5 minutes per side, including the edges, until deeply browned all over — about 15–20 minutes total. Transfer to a plate.

02 Lower the heat to medium, add the onions, and cook 5–6 minutes until they pick up color at the edges. Add the garlic and tomato paste and stir 2 minutes until the paste darkens. Pour in the wine, scrape the bottom clean, and simmer 3 minutes. Add the stock, Worcestershire, thyme, and bay leaves, then return the beef and any juices. The liquid should come about halfway up the roast; add water if needed. Bring to a simmer.

03 Cover tightly and braise in the oven for 2 hours, turning the roast over once at the 1-hour mark. The liquid inside should be barely bubbling; if it's boiling hard, lower the oven to 275°F (135°C).

04 Nestle the carrots, parsnips, and potatoes around the beef, pushing them down into the liquid, and sprinkle with the remaining 4 g salt. Cover and return to the oven for 1 hour to 1 hour 15 minutes, until the beef is fork-tender and the vegetables are soft but hold their shape.

05 Move the beef and vegetables to a platter and tent with foil. Discard the thyme stems and bay leaves. Skim the fat off the braising liquid with a ladle, then simmer it on the stovetop 5–10 minutes until reduced to a light gravy. Taste for salt. Slice or pull the beef into thick pieces, pour over the gravy, and scatter with parsley.

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Servings are an estimate; check quantities in the source recipe.
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