

**B**eef chuck roast is the perfect cut of meat to prepare in a slow cooker. The tough meat becomes tender and incredibly succulent when it's cooked over low heat in a small amount of liquid for a long period of time.

Give classic pot roast a flavor boost with a few simple Italian ingredients, like anchovy paste and wild onions called cipollini [chihp-oh-LEE-nee].

While not everyone's cup of tea, in Italy anchovy paste is used in cooking to add depth and salty flavor to dishes. Here it adds a savory layer without tasting fishy. And since cipollini are in season now and taste delicious slow-cooked, they're a great choice in the pot roast. Look for them at most grocery stores or Italian markets, or use boiler onions instead.

## Italian-Style Pot Roast with Gremolata

*In order to easily peel the cipollini, blanch them for 2 minutes in boiling water. Transfer them to an ice water bath and the skins will slip right off!*

Makes 8 servings; Prep time: 45 minutes, Cook time: 4–5 hours (high)

### HEAT:

- 2 Tbsp. olive oil
- 1 boneless beef chuck roast, trimmed, seasoned with salt and black pepper (4–5 lb.)

### STIR:

- 6 cloves garlic, chopped
- 1/3 cup all-purpose flour
- 2 Tbsp. tomato paste
- 1 Tbsp. anchovy paste
- 1 Tbsp. beef base (such as Better Than Bouillon)

### DEGLAZE:

- 1 cup dry red wine
- 1 can whole tomatoes in juice, quartered (14.5 oz.)
- 2 dried bay leaves
- 1 tsp. dried rubbed sage
- 1/2 tsp. dried rosemary
- 1/2 tsp. freshly grated nutmeg
- 1/2 tsp. kosher salt
- 1/4 tsp. red pepper flakes

### ADD:

- 1 lb. small white potatoes, halved
- 4 carrots, cut into 2- to 3-inch pieces
- 12 oz. cipollini, blanched, peeled

### COMBINE:

- 2 Tbsp. minced fresh flat-leaf parsley
- 1 Tbsp. minced garlic
- 2 tsp. minced lemon zest

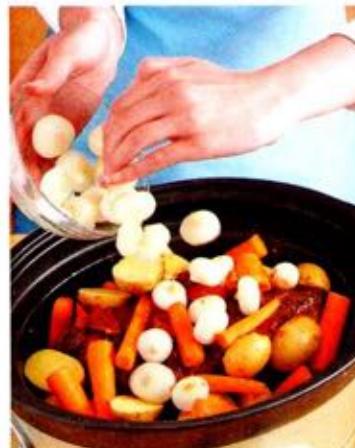
**Heat** oil in a large skillet over medium-high until shimmering. Brown roast on both sides, about 5 minutes per side. Transfer roast to a 4- to 6-qt. slow cooker.

**Stir** garlic, flour, tomato paste, anchovy paste, and beef base into skillet and cook 1 minute.

**Deglaze** skillet with wine and reduce by one-third, scraping up bits on the bottom. Add tomatoes and juice, bay leaves, sage, rosemary, nutmeg, salt, and pepper flakes; bring to a boil and cook until thick, 3–4 minutes. Pour wine mixture over roast in slow cooker.

**Add** potatoes, carrots, and cipollini to the slow cooker. Cover slow cooker and cook until meat is fork-tender, on high setting, 4–5 hours, or low setting, 8–9 hours. Transfer roast to a platter. Using a slotted spoon, arrange vegetables around roast. Strain sauce; skim off any fat from the surface. Serve sauce with roast.

**Combine** parsley, garlic, and zest for the gremolata. Garnish roast with gremolata.



Add cipollini to the slow cooker. They will become sweeter as they simmer in the wine mixture.



Use a gravy separator to remove the fat — it will rise to the top. Or use a spoon to skim it from the surface.

Per serving: 466 cal; 13g total fat (4g sat); 149mg chol; 809mg sodium; 25g carb; 4g fiber; 54g protein