

# POT ROAST

ADAPTED FROM GAVIN KAYSEN

TIME: 3 HOURS

YIELD: 6 TO 8 SERVINGS

- 3 pound boneless beef chuck roast
- Kosher salt and ground black pepper
- 3 tablespoons canola oil
- 4 tablespoons butter
- 2 medium red onions, cut into quarters
- 4 carrots, peeled and cut into 2-inch pieces
- 3 stalks celery, cut into 2-inch pieces
- 1 rutabaga, peeled and cut into 12 to 16 pieces, about a pound
- 8 cremini mushrooms, halved
- 2 parsnips, peeled and cut into 2-inch pieces
- 1 head garlic, top cut off to expose cloves
- $\frac{3}{4}$  cup tomato paste
- 2 bay leaves
- 3 sprigs rosemary
- $1\frac{1}{2}$  cups red wine, preferably cabernet
- 4 cups beef broth

1. Heat oven to 340 degrees. Season meat generously with salt and pepper. Heat oil in a large Dutch oven, or other heavy roasting pan with a lid, over medium-high heat. Sear the meat until a dark crust forms, 3 to 4 minutes per side. Remove meat to a plate.
2. Reduce heat to medium and add butter to the pan. Melt the butter and add the vegetables, stirring frequently and scraping the bottom of the pot, until the vegetables start to color, 8 to 10 minutes.
3. Add tomato paste and cook, stirring frequently, until it darkens slightly, about 5



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minutes.

4. Add bay leaves, rosemary and wine and cook, stirring occasionally, until liquid is reduced to a thick gravy consistency, 5 to 7 minutes.
5. Return meat to the pot. Add broth, then cover the pot and transfer to the oven. Cook for 2 hours 20 minutes.
6. Let roast sit at room temperature for at least 10 minutes. Remove meat to a cutting board to slice. Discard bay leaves and rosemary stems. Squeeze any garlic cloves remaining in their skins into the stew and discard the skins. Serve slices of meat in shallow bowls along with the vegetables and a generous amount of cooking liquid ladled over top.