

Pot Roast - Grass or pastured raised

Yield:		Portion:	Multiple		0
Oven:		300			
amt.	unit	Ingredients	amt.	unit	unit/\$
1	tea.	Thyme, dried	0	tea.	
1	tbsp.	Rosemary, fresh	0	tbsp.	
1	tbsp.	Paprika, smoked optional	0	tbsp.	
1	tbsp.	Salt, kosher	0	tbsp.	
1	tea.	Gr black pepper	0	tea.	
4	#	Chuck roast boneless or 4.5# with bone	0	#	
1	oz.	Oil	0	oz.	
1/2	cup	Red wine	0	cup	
1/2	cup	Diced tomatoes or 3 tbsp. Paste	0	cup	
2 1/2	cup	Stock	0	cup	
5	cup	Onions, sliced	0	cup	
6	ea.	Garlic, cloves rough chopped	0	ea.	
2	cup	Carrots, halved and 1/4" half moon	0	cup	
2	cup	Celery, 1/3" dice	0	cup	

Method:

Combine first 5 spices and rub on meat, place in zip lock bag.

Let sit on meat several hours or refrigerate overnight.

Preheat oven to 300 degrees.

In large Dutch oven heat oil on medium high heat.

Brown meat on all sides and remove from pot.

Deglaze pan with wine then add tomatoes, let tomatoes caramelize a bit.

Add onions and cook till softened about 15 minutes.

Add carrots, celery and garlic and cook till fragrant.

Add meat and stock to Dutch oven. Liquid should be 1/2 to 3/4 up the side of the meat.

Cover Dutch oven and place in stove. Let cook for 1 hour, remove and turn meat over.

Add liquid if needed.

Cook another 1-2 hours depending on roast and oven. It should be fork tender.

Remove meat from Dutch oven and let rest on platter.

Remove excess fat from liquid. You should have about 4-5 cups of broth.

For the sauce place Dutch oven on stove and bring to boil.

Puree mixture with hand held blender or food processor.

Adjust seasonings and let reduce if sauce is thin.

There should be enough onions etc. to naturally thicken the sauce.

Slice meat and top with sauce.

* You may leave vegetables whole and thicken the broth with flour or cornstarch.

With grass fed meats you can lower temperature another 25 degrees and cook an extra 90 minutes.

Grass fed meats do much better when cooked at a lower temperature.