

CRANBERRY POT ROAST

Ingredients

- 1-2 Tbsp. olive oil
- 1, 2.5-3 lbs of beef chuck roast with marbling throughout
- 1 Tbsp. of salt
- 1 Tbsp. of freshly ground black pepper
- 1 large yellow onion, diced into small pieces
- 4 garlic cloves, minced
- 1 cup of carrots, medium diced
- 1 cup of celery, medium diced
- ¼ cup of flour (OPTIONAL)
- 12 oz. bag of fresh cranberries or 1 cup of leftover cranberry sauce
- 2-3 sprigs of fresh rosemary
- 8 sprigs of fresh thyme
- 1.5 cups of red wine
- 2 cups of beef stock
- 2 Tbsp. of Worcestershire sauce
- 1 tsp of Dijon or grainy mustard
- 3-4 Tbps. of Honey or Sugar (OPTIONAL)
- 1/4 cup of fresh parsley, minced

Yield: 6-8 Servings

Equipment

- Cast Iron Skillet or wide frying pan
- Slow Cooker or dutch oven

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Chef Tips/Notes:
If time allows, remove your roast from refrigeration about 30 minutes before searing the roast.
If using fresh cranberries versus cranberry sauce, you may want to add an additional 3-4 Tbps. cup of honey or sugar to counter balance the tartness of the cranberries.

INSTRUCTIONS

1. Preheat your cast iron skillet or Dutch oven to very hot. Add 1 Tbsp of oil to the pot or skillet.
2. While pre-heating, rub the chuck roast with salt and pepper on all sides. Sear the chuck on all sides with a nice crusty brown edge in the cast iron skillet.
3. While the meat is browning, chop all carrots, celery, onions and garlic.
4. Remove the meat from the skillet to rest.
5. Add 1 Tbsp of oil to the pan and add in the carrots, celery, onions with the fresh thyme and rosemary to sauté approx. 2-3 minutes.
6. Once the vegetables and herbs have a nice initial browning, add the garlic and sauté until fragrant approx. 1 minute.
7. Sprinkle the flour over the vegetables and toss until well coated. Turn off the heat.
8. If using a Dutch oven, preheat the oven to 350°F and add the chuck roast and nestle into the vegetables. If using a slow cooker, pour the vegetables into the crock pot and nestle the meat in the middle.
9. Add the cranberries, the wine, beef stock, Worcestershire and mustard into the Dutch oven or slow cooker pot and give everything a stir. The meat may not be fully immersed in liquid and that is ok!
10. Position the Dutch oven with the lid on into the oven and roast for 3-3.5 hours depending on size of the roast. If using a slow cooker, set on high for 5-6 hours.
11. Checking on the roast about halfway through, if the liquid is looking to thin, remove the lid from the Dutch oven to roast uncovered.
12. Meat should be fork tender and fall apart easily with a reduced sauce.
13. Season to taste and serve with fresh parsley over mashed potatoes or cauliflower puree.

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