

Marie Saba

from my kitchen to yours

Mom's Pot Roast

Serves 6

Ingredients:

- 1 Tablespoon (15 mL) extra virgin olive oil
- 1 (3 lb., 1.36 Kg) boneless chuck roast
- Salt and pepper, for seasoning
- 1 cup (473 mL) dry red wine
- 3 Tablespoons (42 g) unsalted butter
- 2 Tablespoons (30 mL) Worcestershire sauce
- 1 Tablespoon (12 g) sugar
- 3-4 carrots (140 g), peeled and sliced
- 1 large yellow onion (300 g), halved and sliced
- 3 cloves garlic, minced
- 16 oz. (454 g) sliced mushrooms
- 2 dried bay leaves
- 2 sprigs fresh rosemary or thyme



For serving: wide egg noodles, grated parmesan, Truffle salt

Instructions:

1. Preheat oven to 300 degrees F (148 degrees C).
2. Generously season roast with salt and pepper. Heat the oil in a large Dutch oven over medium high heat. When oil is shimmery, add roast and sear until browned and releases easily, about 5 minutes per side. Remove roast from pot and set aside.
3. Reduce heat to medium. Add red wine to Dutch oven. Stir, scraping up any browned bits on the bottom of the pan. Add butter, Worcestershire, and sugar. Cook about 4 minutes, stirring frequently. Turn off heat.
4. Add beef back to pot. Scatter onions, carrots, garlic, mushrooms, bay leaves and rosemary sprig around the beef. Season vegetables with salt and pepper. Cover with lid. Bake at 300 F (148 C) for about 4 hours. Roast is ready when it shreds easily with a fork. Serve warm with buttered egg noodles, and top with grated parmesan and a pinch of Truffle salt, if desired.

YouTube: Marie's Kitchen

Website: MarieSaba.com

Email: Marie@MarieSaba.com