AMERICAN (NEW ENGLAND)

Yankee Pot Roast

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Basic	**6**	**20 min**	**3 hr 15 min**	**Braise**	**Blade & cross rib roast**

Ingredients

- 1.8 kg (4 lb) blade or cross rib roast, in one piece
- 2 tsp salt
- 1 tsp black pepper
- 2 tbsp vegetable oil
- 2 onions, cut into thick wedges
- 3 cloves garlic, smashed
- 2 tbsp tomato paste
- 250 ml (1 cup) dry red wine
- 500 ml (2 cups) beef stock
- 1 tbsp Worcestershire sauce
- 2 bay leaves
- 4 sprigs thyme
- 5 carrots, cut into 5 cm (2 in) pieces
- 700 g (1½ lb) small potatoes, halved
- 2 parsnips, cut into 5 cm (2 in) pieces (optional)
- 1 tbsp cornstarch mixed with 2 tbsp cold water (optional)

Steps

1. Heat the oven to 160°C (325°F). Pat the roast dry and season it all over with the salt and pepper.
2. Heat the oil in a heavy Dutch oven over medium-high heat. Sear the roast for 5 minutes per side until deep brown on all sides. Move it to a plate.
3. Lower the heat to medium and add the onions. Cook for 5 minutes, then add the garlic and tomato paste for 1 minute.
4. Pour in the wine and deglaze, simmering for 3 minutes. Add the stock, Worcestershire, bay and thyme, and nestle the roast back in.
5. Cover and braise in the oven for 2 hours, turning the roast once halfway.
6. Add the carrots, potatoes and parsnips around the meat, cover, and cook for 1 hour more until the meat shreds easily with a fork and the vegetables are tender.
7. Move the roast and vegetables to a platter and tent with foil. Skim the fat from the juices, then simmer on the stove for 5 to 10 minutes until slightly reduced, whisking in the cornstarch slurry for a thicker gravy. Slice or pull the beef apart and serve with the gravy.

Notes

- **Make ahead:** pot roast reheats well in its juices; slice it cold for neater pieces. Keeps 3 to 4 days; freezes 3 months in gravy. Reheat until steaming hot.
- **Leftovers:** shred into sandwiches or hash.
- **No wine?** Use extra stock plus 1 tbsp red wine vinegar.
- **Slow cooker:** brown the roast and build the sauce with the wine as in steps 3–4, then cook with the vegetables and 250 ml (1 cup) stock on low 8–10 hr or high 5–6 hr. Thicken the juices on the stove.

- **Chef's touch:** salt the roast the night before and leave it uncovered in the fridge. It seasons deeper and sears better on a dry surface.
- **Pair with:** buttered green beans, or crusty bread for the gravy.