

pot roast with potatoes and carrots

RECIPE COURTESY OF CHARLES HUNTER III

INGREDIENTS:

- 2 tablespoons onion powder
- 2 tablespoons freshly ground black pepper, plus more for seasoning
- 2 tablespoons kosher salt, plus more for seasoning
- 1 tablespoon garlic powder
- 1 tablespoon smoked paprika
- 1 3- to 4-pound bottom round or chuck roast
- 3 tablespoons olive oil
- 1 tablespoon all-purpose flour
- 2 tablespoons tomato paste
- 1 ½ cups red wine, preferably Pinot Noir or Cabernet
- 2 tablespoons Worcestershire sauce
- 1 tablespoon hot sauce
- 5 garlic cloves, smashed
- 2-3 sprigs thyme
- 2 bay leaves
- 1 sprig rosemary
- 2 cups beef broth, plus more as needed
- 4 carrots, peeled and left whole
- 4 medium Yukon Gold potatoes, cut into quarters
- 3 stalks celery, each cut into 3 pieces
- 2 Vidalia onions, peeled and quartered
- ½ bunch chopped parsley
- 1 teaspoon grated lemon zest

ACTIVE TIME:

40 minutes

TOTAL TIME:

3 hours 50 minutes

EASE OF PREPARATION:

Easy

YIELD:

8 servings

Even though pot roasts are a well-known dish in southern culture, I feel there are different variations of the slow-cooked meat dish that span through the country as a whole, and even globally. There's something really special about a slow-roasted meat that falls off the bone, it really says "made with love," and it's an easy dish, especially for family dinners. For me, pot roasts invoke memories of Sunday family dinners. We would rotate houses and have everyone's unique pot roast. I remember a big dish at the center of the table with a beautiful piece of meat and my mom cutting chunks away. Vegetables and gravy were always my favorite. I would reach out and soak a roll in the delicious gravy!

INSTRUCTIONS

1. Position a rack in the center of the oven and preheat the oven to 300°F.
2. Combine the onion powder, pepper, salt, garlic powder, and smoked paprika in a small bowl. Place the meat on a sheet pan and rub the meat thoroughly with the spice blend.
3. In a 6- to 7-quart Dutch oven over medium-high heat, add the olive oil and pan-sear the meat on all sides until well browned, about 3 minutes per side. Reserve any spice mix leftover on the sheet pan.
4. Transfer the seared meat to a clean sheet pan or plate.
5. Add the flour to the Dutch oven we seared the meat in and toast for 1 minute in the pan juices. Add the tomato paste and any spices left on the sheet pan from seasoning the meat and stir, scraping from the bottom of the pot. Then, deglaze the pan with the red wine, letting it simmer for 3 to 4 minutes. Add the Worcestershire, hot sauce, smashed garlic, thyme, bay leaves, and rosemary. Stir to combine, add the broth, and cook for another minute.
6. Place the seared beef carefully in the center of the broth mixture in the pot. Cover and cook for 1 ½ hours.
7. Remove from the oven and tuck the carrots, potatoes, celery, and onions around the beef in the pot. If the broth mixture has reduced lower than one-third of the way up the beef, add more beef broth and taste for seasoning.
8. Cook until the meat falls apart with ease when pulled with a fork, another 1 to 1 ½ hours. Serve on a platter garnished with the parsley and lemon zest for family style serving.