

Jacques Pot Roast

Recipe Source: Jacques Pepin "Cooking at Home" with some tweaks

Serves: 6

Effort: Light

SHOP IT!

MISE IT!

MAKE IT!

Oils, Vinegars & Spices	Rimmed Baking Sheet	DO	WITH	HOW	IMPORTANT
Salt/Pepper	1 tsp ground black pepper	Preheat	Oven		275 F Degree
Vegetable Oil	1 1/2 tsp salt	FOR THE BRAISE			
Produce	5 lbs/2.5 kg Beef Roast	Heat	2		Medium High Heat
Small Bag Baby Carrots	Heavy Bottom Dutch Oven				
1 Lg Yellow Onion	3 tbs vegetable oil	Lay/Sear	1	UNTIL beef is very brown	About 5 mins a side
Thyme	Medium Bowl				
5 Med Yukon Gold Potatoes	2 stalks celery	Flip/Sear	1	UNTIL next side is very brown	About 5 mins a side
2 Roma Tomatoes	2 garlic cloves	Continue/Sear	1	UNTIL entire roast is browned and meat juices have crusted in the pan	About 5 mins
1 Head Garlic	2 bay leaves	Pour Out	Oil	From dutch oven and discard	
Bunch Celery	5 sprigs thyme	Add/Arrange	3	Arranging around the roast	
Pantry - Baking Ingredients	2 Roma tomatoes	Add	4		
All Purpose Flour	1 Lg Yellow Onion	Boil	1 + 3 + 4	Quickly	
Meats & Seafoods	Measuring Cup				
5 lbs/2.5 kg Beef Roast Top/Bottom Round	1 tbs worcestershire sauce	Cover/Bake	Roast in braise liquid	UNTIL beef is very tender	3 to 4 hours
Dairy	3 tbs tomato paste	FOR THE VEGETABLES			
Block Butter	1 c. beef broth	Prepare	5	Peel, rinse and cut potatoes	Potatoes quartered
Wines & Spirits	1 1/2 c. white wine	Remove	Casserole	From oven	
Canned Goods	Medium Bowl				
		Pour	Braising Liquid	Through fine mesh strainer into a medium bowl	
		Press	Braised Vegetables	Using a rubber spatula, to extract as much liquid as possible	
		Return	Strained Liquid	Back to the casserole	

Sm Beef Broth	<input type="radio"/>
Sm Can Tomato Paste	<input type="radio"/>
Pantry - Marinades	
Worcestershire Sauce	<input type="radio"/>

5 Med Yukon Gold potatoes	Leave as is
Sm Bag Baby Carrots	rinsed
Small Bowl	
4 tbs butter	softened
4 tbs flour	

Discard	Braised Vegetables		
Arrange	Carrots and Cut vegetables	Around the beef in the casserole	
Cover/Bake	Braised roast and vegetables	UNTIL vegetables are easily pierced with a fork	About an hour
FOR THE SAUCE			
Remove	Braised Roast + Vegetables	To a large serving platter	
Tent	Braised Roast + Vegetables	With aluminum foil	Remove any strings, if applicable
Set	Casserole	On stovetop	Low Heat
Combine	6	To make a paste	
Add	6	To casserole	
Whisk	6	To combine with the braising liquid UNTIL fully dissolved	
Increase Heat/Boil	Sauce	UNTIL sauce is a gravy consistency	Medium High Heat
Taste/Season	Sauce + Salt/Pepper		To taste
Pour	Sauce	Over roast and vegetables, putting extra in a gravy boat	
SERVE			

TOOLS AND TECHNIQUES REQUIRED

large heavy bottomed Dutch Oven; metal tongs; fine mesh strainer; large serving platter; aluminum foil; OVEN; gravy boat; fork; rubber spatula