

PAPA BOULE'S POT ROAST

Ingredients:

Vegetable oil

2 white onions, 1/2 onion thinly-sliced, rest cut into large chunks

Tomato paste

Dry red wine

5-6 cloves garlic, lightly crushed

2 pound boneless chuck roast

2 cups hot chicken stock

2 lbs small/medium red potatoes, peeled and cut in halves/quarters.

4 large carrots, peeled and cut into 1-inch lengths

Directions:

Preheat oven to 325° F. Remove any large amounts of visible fat from the meat. Pat dry with paper towels, then salt & pepper the meat.

On the stovetop, heat a Dutch oven on medium-high. When hot, add the oil. When the oil is hot, add the meat and brown all sides, turning to get each side. Good browning will take about 10 minutes. Add oil sparingly if needed. When browned, remove meat from pan to a plate.

Reduce stovetop heat. Adding 1 teaspoon oil if needed, the thin-sliced onions, garlic, and 2 TB tomato paste, saute in Dutch oven a few minutes until mahogany-colored, stirring well to distribute the tomato paste. Add 2 ounce splash of red wine and cook that down, making sure you scrape all the fond from the pot. Add hot stock and meat, bring to boil and bake in oven for 1 1/2 hours.

Remove from oven, stir in all remaining vegetables, cover and return to oven for 45 minutes. Halfway through the second roast, stir and add more stock if needed. Remove from oven, and taste for salt. If you like, remove meat and vegetables from pot and use a cornstarch slurry to thicken the roasting liquid into a sauce before serving.