

Potted Beef Chuck Roast With Red Wine Vinegar & Molasses Glaze

Yield: 12 — 4 ounce portions

Ingredients

Roast Ingredients:

- 4 pounds Beef Chuck Roast
- Salt and Pepper, to taste
- 1 teaspoon Olive Oil
- 5 Garlic Cloves, crushed
- 2 Large Onions, rough cut
- 2 Carrots, peeled and rough cut
- 2 tablespoons Tomato Paste
- 2 Celery Ribs, medium rough cut
- 6 cups Beef Broth

1 teaspoon each:

- Fresh Parsley
- Sage
- Rosemary
- Thyme

Glaze Ingredients:

- Reserved braising liquid from roast
- 1/2 cup Red Wine Vinegar
- 1/2 cup Molasses

Method

Roast Method:

- Preheat oven to 325 degrees
- Liberally season beef with salt and pepper
- In a large roasting pan, preheat oil on a medium-high to high flame
- Add seasoned beef and sear until a deep brown crust has been achieved on all 6 sides (5 to 8 minutes per side)
- Remove from pan and add garlic, then continue cooking until aromatic (about 1 minute)
- Add onions and carrots to pan and cook until onions are translucent (about 5 minutes)
- Add tomato paste and continue cooking for 5 to 6 minutes, or until caramelized
- Add celery, seared beef, and beef broth
- Bring to boil, then reduce to a simmer, cover and place in a 325 degree preheated oven

- After one hour, flip roast and return to oven
- After second hour, flip again and add herbs, then return to oven
- After third hour, insert large kitchen fork and twist fork. There should be little to no resistance. If there is still resistance, flip again and return to oven. Then check every 30 minutes
- Once roast is cooked, remove from pan and strain and decant (skim rendered fat from surface area) braising liquid and reserve for glaze
- Let roast "rest" covered for about 20 minutes
- Pull beef apart into large chunks
- Top with glaze and serve

Glaze Method:

- Combine all ingredients and cook on medium high flame until reduced by half (about 15 minutes)

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