

# Pot Roast

- WIP
- notes from my first attempt!

## Ingredients

- 3lb chuck roast
- 2 tbsp canola oil or other high smoke point oil (not olive or butter)
- 1 tbsp garlic, chopped loosely
- 1 sweet onion, chopped loosely
- 2 medium carrots, unpeeled chopped loosely
- 2 tbsp fresh thyme
- salt & pepper to taste
- 2 cups crisp semisweet red wine (used barefoot merlot in first attempt)
- 2 cups beef stock

## Preparation

- Begin preheating cast iron pan on 4, it needs to be evenly heated. Let it heat up at least 15-20 minutes as you do other prep work.
- Bring meat out and allow to warm as you do other prep work.
- Chop vegetables and garlic. Strip half the thyme leaves and reserve some sprigs for the crockpot. You can add the crockpot thyme to the crockpot now.
- Increase heat to 6-7 and add oil.
- Remove meat from wrapping and pat dry. Add salt and pepper to taste and sprinkle some thyme leaves on.
- When the oil is hot, add the meat and sear on each exposed side for 3 minutes until the maillard reaction has happened.
- Remove the meat and put it in the crockpot. (I split the roast in half to ensure it wasn't too tall)
- Allow the cast iron pan to cool off just a little bit, so the garlic won't burn.
- Set stove temperature to medium low. Add the garlic and a little bit more oil. Cook until fragrant.
- Add the vegetables and cook for 2 minutes. Add half of the wine and scrape up the browned bits from the pan.
- Add the stock and cook until the onions are starting to look translucent.
- Pour pan contents into the crock pot. Add remaining cup of wine (or a third cup of beef stock) into the crockpot as well.

- Set crockpot to cook on low for 8 hours. Check regularly to stir and flip the meat.
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Revision #1

Created Sun, Aug 1, 2021 5:02 PM by [Barbara](#)

Updated Wed, Jul 12, 2023 10:36 PM by [Barbara](#)