



**CHAIRMAN'S
RESERVE**



difficulty rating

serving size: 8 | **prep time:** 30 minutes | **cook time:** 3 hours | **cut:** chuck roast | **method:** braising

braised chuck roast

An elevated version of a homey pot roast. Sherry pickled shallots and striped beets make a lighter, brighter oven-braised roast.

INGREDIENTS:

- 2 tablespoons olive oil
- 1 *Chairman's Reserve*® boneless beef chuck roast, 3½ pound
- 2 teaspoons kosher salt
- 1 teaspoon fresh cracked black pepper
- 2 tablespoons unbleached flour
- 1 large onion, coarse chopped
- 3 medium carrots, coarse chopped
- 3 medium celery ribs, coarse chopped
- 3 garlic cloves, minced
- 6 Yukon gold potatoes, quartered
- 2 tablespoons tomato paste
- ½ cup full-bodied red wine
- 1 rosemary sprig
- 3 thyme sprigs
- 2 cups beef stock

DIRECTIONS:

1. Preheat oven to 325°F with rack in center.
2. In Dutch oven, heat oil over medium-high heat.
3. Pat roast dry and season with salt and pepper.
4. Brown roast on all sides and set aside. Add onion, carrots and celery, brown slightly. Then add garlic and cook until softened; add potatoes. Sprinkle vegetables with 2 tablespoons of flour and stir until coated.
5. Add tomato paste and red wine and scrape Dutch oven to loosen particles on bottom and sides. Return roast to Dutch oven with herbs and stock.
6. Place lidded Dutch oven into oven and cook for approximately 3 hours or until the roast is fork tender.
7. Remove from oven and let roast cool in its juices uncovered till time to serve.

sherry pickled shallots and beets

INGREDIENTS:

- 4 or 5 golden or striped beets, medium
- 2 tablespoons kosher salt
- 3 shallots
- ¼ cup + 1 tablespoon sherry vinegar
- 3 thyme sprigs
- 1 teaspoon honey
- ½ teaspoon kosher salt
- 2 tablespoons olive oil

DIRECTIONS:

1. Preheat oven to 325°F.
2. Wash and trim beets and place in a casserole dish.
3. Add water to the casserole dish until the depth is ½ inch.
4. Sprinkle beets with kosher salt and cover with aluminum foil.
5. Roast in oven for approximately 1 hour and 30 minutes, or until toothpick tender.
6. While beets are roasting, cut the shallots into rings and cover with sherry vinegar; add thyme leaves.
7. When the beets are tender, allow to cool uncovered. The skins of the beets will easily slide off using a towel. When beets are peeled cut them into wedges or half moons.
8. In a bowl toss the beets, drain shallots, honey and salt. If you prefer more tartness, add some of the shallot vinegar to the beets until you are happy with the balance.
9. For serving, serve the beet wedges with the pickled shallots and a drizzle of extra virgin olive oil.

chuck roast: servings: 8 | **calories:** 410 | **total fat:** 17g | **sodium:** 750mg | **total carbohydrate:** 20g | **protein:** 42g
pickled shallots & beets: servings: 8 | **calories:** 60 | **total fat:** 3.5g | **sodium:** 1630mg | **total carbohydrate:** 6g | **protein:** 1g