



America's Test Kitchen

from the editors of Cook's Illustrated magazine

Pot Roast with Root Vegetables

For pot roast, we recommend a chuck-eye roast. Most markets sell this roast with twine tied around the center. If necessary, do this yourself (see illustrations, "How To Tie A Top-Blade Roast," below). Seven-bone and top-blade roasts are also good choices for this recipe. Remember to add only enough water to come halfway up the sides of these thinner roasts, and begin checking for doneness after 2 hours. If using a top-blade roast, tie it before cooking (see illustrations, "How To Tie A Top-Blade Roast," below) to keep it from falling apart. Mashed or boiled potatoes are good accompaniments to pot roast.

Comments about meat: Recommended – top blade roast (top 5 ribs), seven blade roast (bottom ribs) or chuck eye roast (between the two).

Not recommended: Anything "round" (e.g.: top round roast), sirloin anything.

Serves 6 to 8

1 chuck-eye roast (*about 3 1/2 pounds*), *boneless*

Table salt and ground black pepper

2 tablespoon vegetable oil

1 medium onion, *chopped medium*

1 small carrot, *chopped medium*

1 small rib celery, *chopped medium*

2 medium cloves garlic, *minced*

2 teaspoons granulated sugar

1 cup low-sodium chicken broth

1 cup low-sodium beef broth

1 sprig fresh thyme leaves

1 1/2 cups water

1/4 cup dry red wine

1 1/2 pounds carrots (*about 8 medium carrots*), *sliced 1/2 inch thick* (*about 3 cups*)

1 1/2 pounds small red potatoes, *halved if larger than 1 1/2 inches in diameter* (*about 5 cups*)

1 pound large parsnips (*about 5*), *sliced 1/2 inch thick* (*about 3 cups*)

Adjust oven rack to middle position and heat oven to 300 degrees.

Thoroughly pat roast dry with paper towels; sprinkle generously with salt and pepper.

Prepare vegetables while browning meat. Cut into small pieces to brown.

Heat oil in large heavy-bottomed Dutch oven over medium-high heat until shimmering but not smoking. Sear meat on each side until meat is dark brown and golden (2–2.5 min/side) reducing heat if fat begins to smoke. Transfer roast to large plate; set aside.

Reduce heat to medium; add onion, carrot, and celery (mirepoix) to pot and cook, stirring occasionally, until softened and beginning to brown, 6 to 8 minutes. Add garlic and sugar; cook until fragrant, about 30 seconds. Add chicken and beef broths and thyme, scraping bottom of pan with wooden spoon to loosen browned bits.

Return roast and any accumulated juices to pot; add enough water to come halfway up sides of roast. Bring liquid to boil scraping fond off pan, then place large piece of foil over pot and cover tightly with lid; transfer pot to oven.

Cook, turning roast every 30 minutes, until roast is almost tender (sharp knife should meet little resistance), 3 1/2 - 4 hours. Remove pot roast, strain (and discard) vegetables, and let broth set for 5 minutes and skim fat.

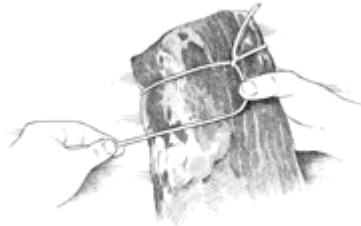
Add broth, carrots, parsnips and red potatoes (see ingredient list for sizes) and wine to Dutch oven. Bring to boil and simmer vegetables are almost fully tender and sauce reduces down a bit, 20 to 30 minutes.

Using slotted spoon, transfer vegetables to warmed serving bowl or platter. Using chef's or carving knife, cut meat into 1/2-inch-thick slices or pull apart into large pieces; transfer to bowl or platter with vegetables and pour about 1/2 cup sauce over meat and vegetables. Serve, passing remaining sauce separately.

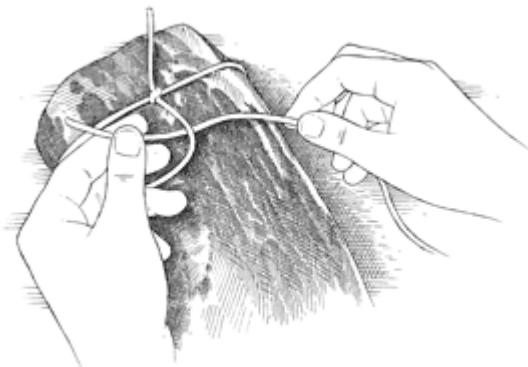
STEP BY STEP: How to Tie a Top-Blade Roast



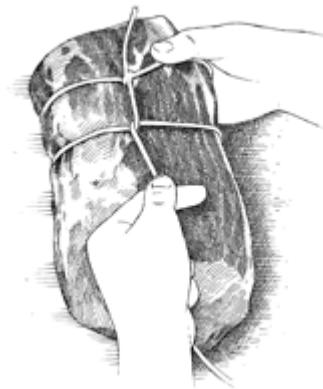
1. Slip 6-foot piece of twine under roast and tie a double knot.



2. Hold twine against meat, and loop long end under and around roast.



3. Run long end through loop.



4. Repeat procedure down length of roast.



5. Roll roast over and run twine under and around each loop.



6. Wrap twine around end of roast, flip roast, and tie to original knot