

AUTUMN POT ROAST

Servings: 4



PREPARATION:

1. Preheat the oven to 325°F.
2. Combine the salt, pepper, and ground fennel in a small bowl. Generously season the roast with the spice mixture.
3. Add enough oil to a large Dutch oven to coat the bottom. Sear roast on medium-high for 8 to 10 minutes total, turning to brown all sides. Transfer the roast to a bowl.
4. Add the carrots and onions to the pot, season lightly with salt and pepper. Sauté the vegetables until browned, 5 to 8 minutes, adding the garlic in the last minute. Remove the vegetables and place in the bowl with the roast.
5. Deglaze the pot with 1 cup of wine. Using a wooden spoon, scrape up any brown bits that have stuck to the bottom of the pot. Bring the liquid to a boil over high heat. Add 2 cups of the broth and bring it to a boil again.
6. Add 4 sprigs of the thyme, the rosemary, bay leaf, and roast to the pot (reserving the vegetables in the bowl). Bring the liquid to a boil, then reduce heat to a simmer. Cover the pot, place it in the oven, and roast for 2 hours. Add the reserved vegetables and roast for 1 more hour, until the roast is fork-tender but not mushy.
7. Remove the roast and vegetables to a large bowl or platter and cover to keep warm. Let the braising liquid cool slightly, then strain the liquid into a bowl (discarding the solids). Skim off any fat that has risen to the top of the liquid. Purée the braising liquid in a blender.
8. To make the gravy, heat 2 tablespoons oil in the Dutch oven over medium heat. Add the flour and stir to combine with the oil; then let the flour cook with the oil for about a minute. Stir in the remaining 1/2 cup wine and the tomato paste and stir vigorously to prevent lumps. Add the braising liquid to the pot along with the remaining 1 1/2 cups beef broth and the remaining 2 thyme sprigs. Increase the heat to medium-high and bring to a boil. Reduce to a simmer and cook for 15 to 20 minutes, until the gravy thickens. Season the gravy with salt and pepper to taste. Remove the thyme sprigs.
9. To serve, slice the pot roast, arrange the vegetables around it on a large platter, and pour half the gravy over the top. Put the rest of the gravy on the table with a spoon in case anyone needs more. Serve with Sarah's Vineyard Cabernet Sauvignon, and a fire in your fireplace.

INGREDIENTS:

- Sea salt and freshly ground black pepper
- 1/2 teaspoon ground fennel
- 1 (3-pound) chuck roast
- Extra virgin olive oil
- 3 large carrots, peeled and cut into 2-inch-long chunks
- 1/2 pound cipollini onions, peeled, or 1 large Vidalia onion, cut into 1/4- to 1/2-inch dice
- 3 garlic cloves, smashed
- 1 1/2 cups red wine (Cabernet Sauvignon)
- 3 1/2 cups beef broth
- 6 fresh thyme sprigs
- 1 fresh rosemary sprig
- 1 fresh or dried bay leaf
- 2 tablespoons all-purpose flour
- 2 tablespoons tomato paste

"Autumn is here at the vineyard. The days are still warm and sunny, and the ceaseless wind of the summer months has slowed to a light breeze. But at night the air is thick and cold, and as it curls down off the mountain slopes into Sarah's Vineyard it brings the scents of fall. The house is warm at night but the ancient cravings for comfort food spring to life. This quarter the recipe is for a humble but noble Pot Roast, one of my favorite dinners as a young boy. Make it, enjoy it, and make great lunches for days with the leftovers - if there are any."

– Tim Slater

*Suggested Wine Pairing:
Sarah's Vineyard Estate Cabernet Sauvignon*

