



Braised Italian-Style Pot Roast

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



693 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons cornstarch
- ☐ 5 tablespoons butter
- ☐ 0.5 cup carrots coarsely chopped (1 medium-size carrot)
- ☐ 1 cup celery coarsely chopped (2 stalks)
- ☐ 4 servings chicken broth as needed
- ☐ 0.5 cup the following: parmesan rind) dried coarsely chopped
- ☐ 750 ml wine dry red
- ☐ 5 flat parsley fresh italian

- ☐ 2 bay leaves dried fresh
- ☐ 1 sprig rosemary leaves fresh
- ☐ 1 sprig thyme sprigs fresh
- ☐ 2 juniper berries crushed
- ☐ 4 servings pepper black freshly ground
- ☐ 1.3 cups onion coarsely chopped (1 medium-size onion)
- ☐ 2 cups plum tomatoes whole canned crushed
- ☐ 2 pound pot roast cut
- ☐ 1 tablespoon tomato paste
- ☐ 0.3 cup wine dry red

Equipment

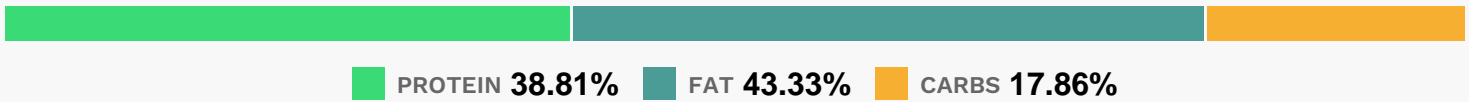
- ☐ oven
- ☐ sieve
- ☐ aluminum foil
- ☐ cutting board
- ☐ cheesecloth

Directions

- ☐ Combine all the ingredients in the center of a piece of cheesecloth that is large enough to hold the herb sprigs, and tie in a bundle with butcher's string.
- ☐ Preheat the oven to 350°F.
- ☐ Season the beef with salt and pepper, then lightly dust with flour. Melt the butter in a large (6-quart) flameproof casserole set over medium-high heat. When it is foaming, add the beef and brown it on all sides, 5 minutes.
- ☐ Add the celery, onions, carrot, and sacchéttö di spezie. Cook, stirring occasionally, until the vegetables soften slightly, about 2 minutes. Raise the heat to high and add the bottle of wine. Cook until the wine begins to boil, about 2 more minutes, skimming off any fat that rises to the surface.

- ☐ Strain the porcini mushrooms through a fine-mesh sieve, reserving the liquid. Rinse the mushrooms under cold running water to remove any grit, and add them to the casserole along with the strained mushroom liquid, tomato paste, and tomatoes. The liquid should just cover the meat. If it does not, add chicken broth or water. Cover the casserole and bake it in the oven until the meat is cooked through and tender, about 2 hours.
- ☐ Remove the meat from the casserole to a cutting board, cover with aluminum foil, and set aside.
- ☐ Strain the broth through a fine-mesh sieve and discard the vegetables and herb bag.
- ☐ Pour the broth back into the casserole and set it over high heat. Bring to a boil and add the arrowroot and the 1/4 cup wine. Cook to reduce and thicken the liquid, about 5 minutes. Carve the meat into 1/4-inch-thick slices.
- ☐ Serve immediately, spooning some of the broth over each portion.
- ☐ WINE PAIRING: Medium red and full red VARIATION: If you have any leftover meat, shred it and stir it into any remaining sauce.
- ☐ Heat through and serve as a savory pasta sauce over cooked penne.
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Nutrition Facts



Properties

Glycemic Index:90.71, Glycemic Load:3.23, Inflammation Score:-10, Nutrition Score:37.695217588673%

Flavonoids

Petunidin: 6.31mg, Petunidin: 6.31mg, Petunidin: 6.31mg, Petunidin: 6.31mg Delphinidin: 7.95mg, Delphinidin: 7.95mg, Delphinidin: 7.95mg, Delphinidin: 7.95mg Malvidin: 49.92mg, Malvidin: 49.92mg, Malvidin: 49.92mg, Malvidin: 49.92mg Peonidin: 3.52mg, Peonidin: 3.52mg, Peonidin: 3.52mg, Peonidin: 3.52mg Catechin: 14.76mg, Catechin: 14.76mg, Catechin: 14.76mg Epicatechin: 20.36mg, Epicatechin: 20.36mg, Epicatechin: 20.36mg, Epicatechin: 20.36mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.87mg, Naringenin: 0.87mg, Naringenin: 0.87mg, Naringenin: 0.87mg Apigenin: 3.42mg, Apigenin: 3.42mg, Apigenin: 3.42mg, Apigenin: 3.42mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Isorhamnetin: 2.54mg, Isorhamnetin: 2.54mg, Isorhamnetin: 2.54mg, Isorhamnetin: 2.54mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Myricetin: 0.89mg, Myricetin: 0.89mg, Myricetin: 0.89mg, Myricetin: 0.89mg Quercetin: 12.08mg, Quercetin: 12.08mg, Quercetin: 12.08mg, Quercetin: 12.08mg

Quercetin: 12.08mg

Nutrients (% of daily need)

Calories: 692.51kcal (34.63%), Fat: 26.1g (40.16%), Saturated Fat: 13.34g (83.35%), Carbohydrates: 24.21g (8.07%), Net Carbohydrates: 20.37g (7.41%), Sugar: 7.06g (7.85%), Cholesterol: 185.06mg (61.69%), Sodium: 357.14mg (15.53%), Alcohol: 21.52g (100%), Alcohol %: 4.05% (100%), Protein: 52.6g (105.21%), Vitamin A: 4392.61IU (87.85%), Zinc: 13.14mg (87.58%), Selenium: 58.07µg (82.96%), Vitamin B12: 4.82µg (80.26%), Vitamin B6: 1.36mg (67.91%), Vitamin B3: 13.51mg (67.53%), Phosphorus: 532.7mg (53.27%), Vitamin K: 44.18µg (42.08%), Potassium: 1342.78mg (38.37%), Iron: 5.5mg (30.56%), Vitamin C: 24.72mg (29.97%), Vitamin B2: 0.5mg (29.58%), Copper: 0.51mg (25.74%), Vitamin B5: 2.56mg (25.61%), Magnesium: 84.43mg (21.11%), Folate: 77.86µg (19.47%), Manganese: 0.38mg (18.95%), Vitamin B1: 0.27mg (18.22%), Fiber: 3.84g (15.37%), Vitamin E: 2.07mg (13.79%), Calcium: 83.9mg (8.39%), Vitamin D: 0.36µg (2.42%)