



Classic Beef Pot Roast With Pistachio Salt

 Gluten Free

READY IN



330 min.

SERVINGS



8

CALORIES



553 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 lbs beef chuck
- ☐ 1 tablespoon canola oil
- ☐ 3 large carrots quartered
- ☐ 3 stalks celery cut into thirds
- ☐ 1 cup cherry tomatoes
- ☐ 4 bay leaves dried
- ☐ 0.8 cup cooking wine dry red
- ☐ 0.3 cup parsley fresh chopped

- ☐ 1 tablespoon rosemary fresh minced
- ☐ 1 tablespoon thyme leaves fresh minced
- ☐ 2 cups beef broth low sodium
- ☐ 0.3 cup pistachios salted shelled chopped
- ☐ 2 tablespoons butter salted
- ☐ 8 servings sea salt & pepper black freshly ground fine
- ☐ 2 medium turnips quartered
- ☐ 2 large vidalia onions cut into eighths
- ☐ 11 garlic cloves whole minced (10 , 1)

Equipment

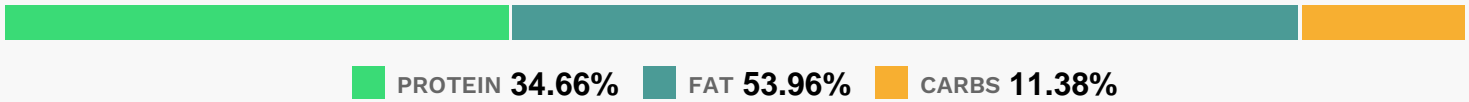
- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ oven
- ☐ roasting pan

Directions

- ☐ Season the roast liberally with salt and pepper.
- ☐ Heat your largest high-sided skillet over high heat, add the oil, and then add the roast. Sear it quickly until dark brown on all sides, about 8 minutes. Set the roast aside, pour off and discard the excess fat from the skillet, and let the skillet cool a bit. Then add the butter, celery, carrots, turnips, ½ teaspoon salt, and 3/4 teaspoon pepper. Cook over medium heat, tossing, until the vegetables begin to soften at the edges, about 5 minutes.
- ☐ Transfer them to a wide bowl and reserve.² Preheat the oven to 300°F.³
- ☐ Add the wine to the skillet, bring to a boil, and cook until slightly reduced, about 3 minutes.
- ☐ Add the beef stock, and bring to a simmer.⁴ Arrange the onions in the bottom of a large covered roasting pan and set the beef on top of them. Scatter the whole garlic cloves, bay leaves, rosemary, and thyme over and around the roast.
- ☐ Pour the beef stock mixture over the meat and cover the pan tightly.

- Bake for 1 hour.5 Reduce the oven temperature to 285°F, and continue to braise for 2 hours.6 Uncover the pan, skim off the fat around the edges with a small ladle, and discard it. With two large forks, carefully turn the meat over and ladle some juice over the top.
- Add the reserved sautéed vegetables, arranging them around the perimeter of the meat. Cover the pan and braise for 1 more hour.7 Skim the fat again with a small ladle, baste the top of the meat again, and then scatter the cherry tomatoes across the top, some dropping onto the meat, some onto the vegetables. Don't stir again. Braise, uncovered this time to allow the tomatoes to split and shrink and the top of the meat to brown, until the meat feels extremely tender at the touch of a fork, 30 minutes to 1 hour. Discard the bay leaves.8 For the pistachio salt, combine the pistachios, parsley, minced garlic, and ¼ teaspoon each of salt and pepper in a small bowl.

Nutrition Facts



Properties

Glycemic Index:44.85, Glycemic Load:2.53, Inflammation Score:-10, Nutrition Score:35.847391532815%

Flavonoids

Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg Petunidin: 0.75mg, Petunidin: 0.75mg, Petunidin: 0.75mg, Petunidin: 0.75mg Delphinidin: 0.94mg, Delphinidin: 0.94mg, Delphinidin: 0.94mg, Delphinidin: 0.94mg Malvidin: 5.9mg, Malvidin: 5.9mg, Malvidin: 5.9mg, Malvidin: 5.9mg Peonidin: 0.42mg, Peonidin: 0.42mg, Peonidin: 0.42mg, Peonidin: 0.42mg Catechin: 1.87mg, Catechin: 1.87mg, Catechin: 1.87mg, Catechin: 1.87mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.43mg, Epicatechin: 2.43mg, Epicatechin: 2.43mg, Epicatechin: 2.43mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 4.49mg, Apigenin: 4.49mg, Apigenin: 4.49mg, Apigenin: 4.49mg Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg Kaempferol: 1.08mg, Kaempferol: 1.08mg, Kaempferol: 1.08mg, Kaempferol: 1.08mg Myricetin: 1.36mg, Myricetin: 1.36mg, Myricetin: 1.36mg, Myricetin: 1.36mg Quercetin: 12.52mg, Quercetin: 12.52mg, Quercetin: 12.52mg, Quercetin: 12.52mg

Nutrients (% of daily need)

Calories: 552.81kcal (27.64%), Fat: 32.65g (50.23%), Saturated Fat: 13.62g (85.11%), Carbohydrates: 15.48g (5.16%), Net Carbohydrates: 12.32g (4.48%), Sugar: 7.61g (8.46%), Cholesterol: 164.01mg (54.67%), Sodium: 377.91mg (16.43%), Alcohol: 2.36g (100%), Alcohol %: 0.6% (100%), Protein: 47.18g (94.37%), Zinc: 17.53mg (116.88%), Vitamin B12: 6.2µg (103.29%), Vitamin A: 5013.62IU (100.27%), Selenium: 48.43µg (69.18%), Vitamin B6: 1.19mg (59.5%), Vitamin B3: 10.58mg (52.88%), Phosphorus: 505.87mg (50.59%), Vitamin K: 44.64µg (42.51%), Potassium:

1271.45mg (36.33%), Iron: 5.8mg (32.22%), Vitamin C: 22.16mg (26.86%), Vitamin B2: 0.4mg (23.62%), Vitamin B1: 0.27mg (17.84%), Manganese: 0.35mg (17.62%), Vitamin B5: 1.73mg (17.32%), Magnesium: 69.01mg (17.25%), Copper: 0.31mg (15.71%), Fiber: 3.16g (12.64%), Folate: 49.17µg (12.29%), Calcium: 101.34mg (10.13%), Vitamin E: 1.27mg (8.49%), Vitamin D: 0.23µg (1.51%)