



Classic Pot Roast

 Dairy Free

READY IN



285 min.

SERVINGS



8

CALORIES



777 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 slices bacon chopped
- 2 bay leaves
- 5 pound beef "7-bone" chuck roast boneless
- 12 peppercorns black
- 1 pound carrots halved lengthwise chopped
- 1 stalk celery quartered
- 0.3 cup cognac
- 2 cups cooking wine dry white

- 1.5 pounds fingerling potatoes halved lengthwise
- 2 tablespoons flour all-purpose
- 4 cloves garlic smashed
- 8 servings kosher salt and pepper freshly ground
- 2 tablespoons olive oil extra-virgin
- 6 sprigs parsley chopped
- 4 sprigs thyme leaves
- 0.3 cup tomato paste
- 2 cups vegetable broth
- 1 medium onion white chopped
- 4 allspice whole

Equipment

- baking paper
- oven
- pot
- kitchen thermometer
- dutch oven
- cheesecloth
- kitchen twine

Directions

- Position a rack in the lower third of the oven and preheat to 325 degrees F.
- Heat the olive oil in a Dutch oven over medium-high heat. Season the meat with salt and pepper and sprinkle with the flour; add to the pot and cook until browned, about 5 minutes per side.
- Remove from the pot.
- Add the bacon, onion and chopped carrots to the pot; cook, stirring, until soft, about 5 minutes.

- Add the tomato paste and garlic; cook, stirring, until the paste starts to sizzle, about 4 minutes. Stir in the cognac, scraping up any browned bits from the bottom of the pot.
- Add the wine and broth, then return the meat to the pot.
- Put the celery, bay leaves, peppercorns, allspice, cloves and herb sprigs on a square of cheesecloth and tie into a pouch with kitchen twine; add to the pot and bring to a simmer.
- Lay a round of parchment paper on the surface of the meat and cover with the lid.
- Transfer the pot to the oven and cook 1 hour, 30 minutes. Turn the roast, then add the rutabaga, potatoes, halved carrots and 1 teaspoon salt. Cover with the parchment and lid and return to the oven until the meat is fork-tender, 1 hour, 30 minutes, to 2 hours more. (A meat thermometer should register 185 degrees F.)
- Remove the herb pouch and skim off the fat from the cooking liquid; simmer the liquid over medium heat until reduced by half, about 25 minutes. Season with salt and pepper. Return the vegetables to the gravy.
- Untie the roast, thinly slice against the grain and arrange on a platter. Spoon the vegetables and gravy over and around the meat.
- Sprinkle with the chopped parsley.
- Photograph by Con Poulos

Nutrition Facts

PROTEIN 32.95%

FAT 51.15%

CARBS 15.9%

Properties

Glycemic Index:67.32, Glycemic Load:15.51, Inflammation Score:-10, Nutrition Score:41.447826333668%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 1.78mg, Apigenin: 1.78mg, Apigenin: 1.78mg, Apigenin: 1.78mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 3.58mg, Quercetin: 3.58mg, Quercetin: 3.58mg, Quercetin: 3.58mg

Nutrients (% of daily need)

Calories: 776.65kcal (38.83%), Fat: 40.75g (62.69%), Saturated Fat: 16.31g (101.94%), Carbohydrates: 28.49g (9.5%), Net Carbohydrates: 24.04g (8.74%), Sugar: 6.43g (7.15%), Cholesterol: 202.87mg (67.62%), Sodium: 870.26mg (37.84%), Alcohol: 9.52g (100%), Alcohol %: 2% (100%), Protein: 59.07g (118.13%), Vitamin A: 9918.82IU (198.38%), Zinc: 22.06mg (147.05%), Vitamin B12: 7.79µg (129.91%), Selenium: 62.51µg (89.3%), Vitamin B6: 1.54mg (77.04%), Vitamin B3: 14.73mg (73.66%), Phosphorus: 651.02mg (65.1%), Potassium: 1706.99mg (48.77%), Iron: 7.6mg (42.23%), Vitamin C: 25.96mg (31.47%), Vitamin B2: 0.53mg (31.01%), Vitamin K: 31.04µg (29.56%), Magnesium: 96.38mg (24.1%), Vitamin B1: 0.36mg (23.95%), Vitamin B5: 2.3mg (23.04%), Manganese: 0.44mg (21.97%), Copper: 0.36mg (18%), Fiber: 4.45g (17.81%), Vitamin E: 1.97mg (13.12%), Folate: 44.14µg (11.03%), Calcium: 99.57mg (9.96%), Vitamin D: 0.33µg (2.18%)