

## **Wine Braised Pot Roast**

Slightly adapted from The Food Channel

Sharon and Steve carry absolutely beautiful chuck roasts for this dish. After cooking it is so tender it almost melts in your mouth. Start this early in the afternoon so there is plenty of time for it to braise in the oven and develop a rich sauch. Serve this with the firm polenta below, soft polenta, mashed potatoes or noodles, whatever works for you!

3 lb chuck roast  
3 T canola oil  
1/2 C shallots, minced  
2 T garlic, chopped  
3 T tomato past  
3 T flour  
2 C beef broth  
3.4 C red wine  
5 thyme sprigs  
salt  
pepper

Preheat oven to350°F.

Season beef with salt and pepper.

Heat 2 T oil in dutch oven.

Add meat to pot, searing on both sides until nicely browned. Remove meat from pot.

Add shallots and garlic to pot. If needed add remaining oil. Sweat for 5 inutes. then add tomato paste and cook until paste becomes fragrant and dark red, about 3 minutes. Reduce heat to low and add flour.

Whisk in beef stock, breaking up any lumps. Add wine and simmer over low heat until the sauce is thick enough to coat the back of a spoon. Add the meat back into the pot along with any juices thqat might have collected in the plate.

Cover and place in the oven for about 2 1/2 hours. When beef is tender, remove from pot, remove bones and fat, shred beef with two forks.

Strain sauce thru a fine mesh strainer and stir into shredded beef. Serve.

### **Polenta**

Source: Tra vigne by Michael Chiarello

1 1/2 C chicken stock  
1 1/2 C heavy cream  
1/2 t nutmeg  
3/4 t salt  
pinch pepper  
1/2 C polenta  
1/2 C semolina  
1/4 C grated fontina cheese  
1/4 C grated Parmesan cheese

Combine stock and cream in a heavy saucepan and bring to a simmer. Add nutmeg, salt and pepper. Whisk in polenta and semolina and cook over very low heat, whisking regularly, until the grains are soft, about 8 minutes. Whisk in the cheeses.

Pour onto a parchment lined baking sheet and spread into an even 1/2" thick layer. Let cool, cover and refrigerate for several hours or overnight.

Cut in thick fingers, triangles, squares or whatever shape you desire. Fry in a bit of butter and olive oil to a crisp golden brown.

### **Swiss Chard**

1 medium onion, chopped  
1 bunch chard, tough ribs removed and chopped  
1 garlic clove, minced  
salt and pepper

Gently saute the onion, garlic and chard ribs until tender. Add salt and pepper. Meanwhile julienne the chard leaves. When onion mixture is tender add the chard leaves and quickly soften them. Sometimes I throw in a handful of raisins or some pine nuts or walnuts, sometimes the zest of a

lemon, maybe some crumbled goat or feta cheese, grated Parmesan cheese--be creative!!