

Beef

Perfected Pot Roast

My Best Pot Roast Recipe Ever

Since everyone can appreciate a good pot roast recipe, I've taken it upon myself to make my best even better, ready to serve in only an hour under pressure.

Prep Time: 15 min

Cook Time: 75 min

Temperature: High

Serves: 4-6

SHOPPING LIST

1 (2- to 3-pound) beef chuck roast

3 tablespoons all-purpose flour

Salt and pepper

2 tablespoons olive oil

1 1/2 cups beef stock or broth

2 tablespoons balsamic vinegar

1 tablespoon minced garlic

1 teaspoon dry thyme

2 bay leaves

1 teaspoon salt

1/4 teaspoon pepper

6 redskin potatoes, halved

1 yellow onion, cut into wedges

2 cups baby carrots

2 ribs celery, cut into 1-inch lengths

1 tablespoon cornstarch, mixed into 2 tablespoons water

3 tablespoons butter or margarine



Sprinkle the chuck roast with flour that has been generously seasoned with salt and pepper.

With the cooker's lid off, heat oil on HIGH or "brown," until sizzling. Place the floured roast in the cooker and brown on each side.

Add the beef broth, vinegar, garlic, thyme, bay leaves, salt, and pepper to the cooker. Securely lock the cooker's lid and set for 75 minutes on HIGH (85 minutes for roasts more than 2 1/2 inches thick).

Perform a quick release to release the cooker's pressure. Add the potatoes, onion, carrots, and celery to the pot, re-secure the cooker's lid, and set for 5 minutes on HIGH.

Let the cooker's pressure release naturally 10 minutes before quick releasing any remaining pressure.

Carefully transfer roast and vegetables to a serving dish and cover with aluminum foil. Set the cooker to HIGH or "brown" with lid off and whisk the cornstarch and water into the cooking liquid. Let simmer 2 minutes to thicken before stirring in butter. Smother meat and vegetables with the gravy before serving.

MAKE IT BETTER

I like to add 1/4 cup of a dry red wine to the cooker in step 3, which gives an even meatier flavor.