



## SLOW-ROASTED BEEF WITH RED WINE SAUCE

*Slow roasting at low temperatures is the best way to tame a not-so-tender cut of beef. The chuck is the best 'cheaper' cut for this recipe, but I've tested it even on a bottom round cut roast and achieved great results. So have some good, homemade roast beef any day of the week without blowing your budget!*

### **Ingredients**

- 3-4 pounds chuck eye roast, boneless, tied crosswise an inch apart and tied lengthwise once or twice [*Alternatives: chuck blade, chuck fillet/chuck tender, chuck shoulder, chuck under blade, top round, eye of round, bottom round, top sirloin and bottom round rump roast*]
- 2 tablespoons olive oil
- 1/3 cup red wine, preferably full-flavored
- 1 cup low-sodium chicken or beef broth

### **Preparation**

1. Preheat oven to 250°F. Heat oil over medium-high heat in a Dutch oven or large, heavy ovenproof pot.
2. Sprinkle salt and pepper on the meat and sear in the pot until brown, about 4 minutes each side.
3. Quickly transfer the pot into the oven, uncovered. When a thermometer registers 110°F when inserted into the thickest part of the meat (after about 45 minutes to 1 hour in the oven), increase the oven temperature to 500°F. Cook until internal temperature goes up to 130°F, after about 15 minutes. Cooking times vary depending on the size and shape of the roast. Remove meat from the pot, and let stand on a cutting board for 20 minutes before carving.
4. **For red wine pan juice:** Set the same pot on the stove over medium-high heat. Spoon out fat from pot and leave about 1 tablespoon of it. Add wine. Stir pan bottom with a wooden spoon to loosen the brown bits. Add broth. Simmer until the sauce reduces by a third of the original volume, and is slightly thickened. For additional thickening, add a mixture of 1 teaspoon cornstarch dissolved in 1 tablespoon water. Slice roast thinly, and add the juices from the meat to the pot with red wine sauce.
5. Serve sliced roast and sauce separately immediately after slicing.

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*Please email us at [gourmeted@gmail.com](mailto:gourmeted@gmail.com) if you have questions.*