



Ultimate Pot Roast

Gaggenau Appliances: Combi-steam oven
Heating Mode(s): Convection + 80% Humidity
Temperature(s): 300°F

Required Accessories: Wire Rack + Dutch oven or
4-inch (10 cm) deep casserole dish

Preparation Time: 15 minutes

Cooking Time: 2 ½ - 3 hours

Makes: 8 servings

Cooking tip:

When braising in the Combi-steam oven, pans do not need to be covered as the oven provides the environment of steam usually achieved with a tight fitting lid on the pan. However, for best results, use a deep sided pan and turn the meat half-way through the cooking time to prevent a crust forming on the top of the meat.

The core temperature probe is not used when braising as this method of cooking is all about slow cooking to tenderize the meat.

For the pot roast:

2 tbsp (30 ml) olive oil

One 5lb (2.5 kg) beef chuck roast, boneless or bone-in

½ tsp (2 ml) kosher salt

½ tsp (2 ml) freshly ground black pepper

2 ½ cups (625 ml) beef broth

½ cup (125 ml) dry red wine

2 medium yellow onions, cut into 8 wedges each

6 cloves garlic, smashed

2 dried Bay leaves

1 tsp (5 ml) dried thyme

2 tbsp (30 ml) tomato paste

6 large carrots, peeled and cut into 2-inch (5cm) pieces on the diagonal

16 baby new potatoes

¼ cup (60 ml) chopped fresh Italian parsley

To prepare the pot roast:

Slide the Wire Rack onto the bottom rails of the oven. Using the left control knob, set the oven to the **Convection + 80% Humidity** mode. Using the right control knob, set the temperature to preheat to 300°F.

On the cooktop, heat a Dutch oven or large deep sided skillet over medium heat. Pat the meat dry with a paper towel and season with salt and pepper, add the oil to the pan and increase the heat to medium high. Place the roast in the Dutch oven and cook for 6 - 7 minutes on each side until well browned. Reduce the heat to medium, add the onions and cook for a few minutes to soften, add the garlic and thyme and cook for a minute; then stir in the tomato paste, broth and wine and the bay leaves.

Carefully slide the Dutch oven onto the Wire Rack in the oven and set the cooking timer for 2 ½ hours. Test the meat to ensure it's tender and separates easily; then add the carrots and potatoes to the pan and continue cooking for another 30 minutes until the vegetables have softened.

Carefully remove the hot Dutch oven from the oven and set it on a trivet, leaving a hot pad or towel on the handle to remind you the Dutch oven is hot. Carefully remove the meat and vegetables from the hot Dutch oven and place on a platter or rimmed baking sheet. Place the Dutch oven on the cooktop and reduce the sauce over medium heat for 10 minutes until the juices have a syrupy consistency. Slice or shred the meat and pour the hot pan juices over the meat and vegetables, sprinkle with the chopped parsley.

Tip: Pot roast can be prepared a day or two in advance of serving. When ready to serve, skim any solidified fat from the surface and reheat for 30 minutes in the Combi-steam oven using the Convection + 60% Humidity mode at 325°F.