

# Chef Adrienne Cheatham



## MISSISSIPPI POT ROAST

Serves 6

- 1 boneless beef chuck roast (about 4 pounds)
  - 1 tablespoon kosher salt, plus more for seasoning
  - 2 teaspoons freshly ground black pepper
  - 2 tablespoons vegetable oil
  - 2 tablespoons olive oil
  - 4 large garlic cloves, halved
  - 3 medium yellow onions, chopped
  - 1 medium carrot, quartered lengthwise and cut into ½-inch slices
  - 2 celery stalks, sliced
  - 1 small green bell pepper, seeded and chopped
  - 2 tablespoons tomato paste
  - 1 cup dry red wine\*
  - 5 plum tomatoes, seeded and chopped (or 1½ cups drained canned plum tomatoes)
  - 5 sprigs of thyme
  - 1 teaspoon dried oregano
  - 1 teaspoon dried basil
  - 1 dried bay leaf
  - 2 cups unsalted beef stock
  - 6 to 8 whole pepperoncini, according to taste
  - 2 tablespoons Wondra or all-purpose flour
  - 1 tablespoon roughly chopped fresh parsley, for garnish
1. Heat a large Dutch oven or other heavy-bottomed pot over medium-high heat. Sprinkle the beef all over with the salt and pepper.
  2. Put the vegetable oil in the Dutch oven and sear the meat on all sides until well browned, 7 to 8 minutes per side. Remove the meat to a plate.
  3. Reduce the heat to medium. Use a paper towel, held with tongs, to carefully sop up the remaining oil in the pot, then add the olive oil. Add the garlic, onions, carrot, celery, and bell pepper and season with a couple of pinches of salt. Cook, stirring occasionally, until lightly browned, 6 to 8 minutes. Stir in the tomato paste, followed by the red wine, tomatoes, thyme, oregano, basil, and bay leaf. Stir everything together, scraping the bottom of the pot to release any browned bits, and bring to a boil.
  4. Return the seared roast to the pot, pour in the stock, and add the pepperoncini. Add a pinch of salt and give the pan a little shake to help everything get settled. Bring back to a boil. Cover tightly with a lid, then reduce the heat to low and cook, turning the roast occasionally, until the meat is super tender, about 3 hours.
  5. The pot roast can be served immediately, but it is even better and easier to cut the next day after sitting overnight in the sauce. To serve, carefully remove the meat to a large cutting board. Bring the sauce to a low boil over medium heat. Dissolve the flour in 3 tablespoons of room-temperature water and stir the slurry into the sauce. Simmer, stirring occasionally, until thickened, 5 to 7 minutes. Taste and adjust the seasoning.
  6. Using a sharp knife, slice the meat into ½-inch slices and place them on a serving platter. Spoon the gravy over the top and garnish with the parsley.

*\*For an even healthier recipe, the Benefit Funds' Chief Medical Officer, Dr. Van H. Dunn, says a mixture of broth and balsamic vinegar (mostly broth) may serve as a substitute for red wine.*

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