

Beer-Braised Chuck Roast

Ingredients:

- 4 lbs. boneless Blue Ribbon Angus Beef chuck roast
- 4 oz. olive oil
- kosher salt
- freshly milled black pepper
- 6 cloves garlic, chopped
- 6 onions, peeled, halved and sliced lengthwise
- 12 oz. beer (i.e. stout, porter)
- 2 cups beef broth
- 1 bay leaf, 4 sprigs thyme, 1 branch rosemary

Directions:

1. Preheat oven to 325 degrees Fahrenheit.
2. Heat the olive oil in a heavy casserole dish over medium-high heat. Season chuck roast generously with salt and pepper and brown in the casserole on all sides. Remove meat to a platter.
3. In same casserole dish, sauté onions until golden brown. Add garlic and sauté briefly until fragrant. Deglaze the pan with the beer and beef stock.
4. Return chuck roast to the casserole dish, add the herbs and bring to a simmer. Cover and braise in the oven, turning the roast after 1 1/2 hours. Meat is done when it is fork tender after about 2 ½ to 3 hours.
5. Let the roast rest in the sauce for 20 to 30 minutes; remove to a cutting board and slice thickly across the grain. Enjoy!

