

U The Lexingtonienne U

CLASSIC BEEF POT ROAST

- 1 T canola oil
- 1 beef chuck roast (about 1 pound per person), rinsed and patted dry
- 4 ribs celery
- 2 lbs carrots, peeled
- 1 large onion, cut into large chunks
- 1/2 can chicken broth
- Potatoes (I like the little yellow ones, but you can use any kind and however many you want)
- Salt & pepper
- Wondra flour for making gravy (optional)

Trim roast of excess fat. Generously salt and very generously pepper.

Heat a heavy pan (with high sides is good because it minimizes splattering) over very high heat. Add oil, then the roast, searing on all sides for several minutes until thoroughly browned.

Meanwhile, pulse 2 celery ribs, 2 carrots, and a small piece of the onion in a food processor. Transfer roast and veggie mixture to crock pot. Add chicken broth, a little more salt, and a lot more pepper. Halve remaining 2 celery ribs and add to crock pot along with the rest of the onion. Cover and cook on high for 4 ½ - 5 hours or until meat tears apart easily with a fork.

When you have about 2 hours left on the cooking time, add remaining carrots and potatoes.

If you would like to make a gravy, spoon several ladlefuls of liquid from the roast into a small saucepan. Bring to a boil on the stove, then turn heat to low and add Wondra flour -- a tablespoon or so at a time -- whisking constantly until it thickens. Pour through a strainer if there are lumps, and add back to the crock pot OR serve separately at the table.

