



The Perfect Pot Roast

Pot Roast works as a meal by itself, but Chef Gavin likes to pair it with a salad.

2-pound boneless beef top blade roast
Fine sea salt and freshly ground black pepper
2 Tablespoons canola oil
2 Tablespoons unsalted butter
1 medium red onion, quartered
2 carrots, peeled; cut into 2-inch pieces
2 celery stalks, cut into 2-inch pieces
1 small rutabaga (about 8 ounces) peeled; cut into 12 to 16 pieces
4 cremini mushrooms or your favorite kind, halved
1 parsnip, peeled; cut into 4-inch pieces
1 head garlic, top trimmed to expose the cloves
3 Tablespoons tomato paste
1 bay leaf
1 sprig rosemary
3/4 cup red wine, preferably cabernet
2 cups beef broth or stock
Serve with: favorite kale salad

- Preheat oven to 350 degrees F.
- Season meat generously with salt and pepper.
- In a large Dutch oven or other heavy ovenproof pot with a lid, heat the oil over medium high heat. Add meat; sear until a dark crust forms, 3 to 4 minutes per side. Transfer the meat to a plate.
- Reduce the heat to medium; add the butter to the pan. Melt the butter; add all the vegetables; and the garlic, stirring frequently and scraping the bottom of the pot, until the vegetables start to color, 8 to 10 minutes. Add the bay leaf, rosemary, and wine, and cook, stir occasionally until the liquid is reduced to a thick gravy consistency; 5 to 7 minutes.
- Return the meat to the pot. Add the broth, cover the pot, transfer to the oven; cook until the pot roast is very tender and starts to fall apart when you lift it, about 2 hours 20 minutes.
- Let the roast sit at room temperature for at least 10 minutes. Transfer the meat to a cutting board and carve into 1-1/2-inch slices. Skim fat from the surface of the stew. Discard the bay leaf and rosemary stem. Squeeze any garlic cloves remaining in their skin into the stew; discard the skins.
- To serve, lay slices of pot roast in shallow bowls along with the vegetables and a generous amount of cooking liquid ladled over top. Serves: 3 to 4

Cook's Note: I added more carrots and celery. When I added the meat, I tucked vegetables around it for added moisture. Also, I checked the temperature of the meat several times so it wouldn't overcook or dry out. Our roast cooked quicker than the suggested time.

Recipe from: Chef Gavin Kaysen, pages 58-61.in his cookbook "At Home"

Cooking Tip from the Chef: The cut of meat you use for pot roast is very important. Top blade comes from the chuck area of the cow, with a beautiful line of collagen running down the center, it's very forgiving and tender when braised, so if you substitute another cut, your results may vary.

About the Recipe: Chef Gavin Kaysen's *Perfect Pot Roast* is a deeply personal family recipe inspired by his Grandmother Dorothy. She would prepare it for him whenever he visited. This hearty braise was also one of the very first recipes Gavin cooked from start to finish as a child; a foundational experience sparking his lifelong passion for cooking. Years later, it became the first dish he put on the menu at his acclaimed restaurant Spoon and Stable, where it remains a beloved offering. As Chef Kaysen has noted, pot roast holds a special place in Midwestern culinary tradition. Every time he makes Dorothy's version, it feels like a warm hug from his grandmother. While it stands alone as a complete meal, he loves pairing it with a bright, textured salad (he recommends this Kale and Squash Salad with buttermilk vinaigrette) for contrast.