

Jazz in the Kitchen

Pot Roast

Inspired by the Pioneer Woman, January 2008: [Perfect Pot Roast](#)

Ingredients:

1 chuck roast, 2 1/2 - 5 pounds (other roasts fine, choose one with lots of marbling)
2 yellow onions
3 cloves of garlic
7 small carrots, washed thoroughly
3 large parsnips, washed and peeled
1 turnip (roughly 1/2 pound) peeled and washed
olive oil
1 cup to 12 oz beer
2-3 cups beef broth
1 tablespoon Worcestershire sauce
1 teaspoon oregano
1 teaspoon thyme
1 1/2 tablespoon rosemary
1/2 teaspoon cocoa powder
dash of crushed red pepper

Directions:

1. Halve onions, remove skin and outer layer. Peel garlic cloves. Chop carrots, parsnips, and turnip into two inch pieces, preferably bite-size.
2. Heat 2 tablespoons of olive oil in a large pot. Get out a crock pot as well.*
3. Brown all of the vegetables (onions, garlic, carrots, parsnips and turnips) in the olive oil on all sides in batches. Onions and garlic in one, carrots and parsnips in another, then finally the turnips. Set aside in a bowl when done.
4. Add an extra tablespoon of oil to the pan, then brown the roast on all sides. Set roast directly into a crock pot turned onto low with a splash of beer and beef broth.
5. Add a splash of beer and beef broth to the pan, and use a whisk to scrape up the brown pieces in the bottom of the pan. Add all of the spices and whisk it together. Pour over the roast in the crock pot. Add liquid until roast is at least 2/3 covered (for a small roast use 1/2 beer, 1 full beer for 5 pound roast). Add tablespoon of Worcestershire sauce.
6. Add all of the vegetables to the crock pot. Cover with a lid. Cook on high for 3-4 hours, or on low for 8-10 hours, in part depending on the size of the roast. Roast is done when it can be pulled apart with a fork. Serve with potatoes: mashed, roasted, or baked. Enjoy!

*Roast can also be made in oven, making this a one-pot dish. Use a large oven-safe pot to brown the veggies and sear the meat. After whisking up the brown bits, return roast to the pot and cover 2/3 of the way with liquid. Add vegetables and cover. Cook in oven heated to 275 for 3-4 hours.