

Braised Chuck Roast

1 LARGE CHUCK ROAST
1 CUP FLOUR
COURSE GROUND PEPPER & KOSHER SALT
ROASTED GARLIC POWDER (BADIA BRAND)
FREEZE DRIED PARSLEY & FREEZE-DRIED
BASIL
FRESH ROSEMARY (OPTIONAL)
ONION (CUT INTO LARGE PIECES)
1 GARLIC CLOVE
1 STALK CELERY (CUT IN LARGE PIECES)
1 LARGE CARROT (PEELED AND CHOPPED)
2 CUPS CHICKEN STOCK
5 SHAKES WORCESTERSHIRE SAUCE
OLIVE OIL (OR CORN OIL)
1/4 CUP BUTTER
WATER TO COVER

Set roast out at room temperature for 1 hour. Salt and pepper well on both sides. Dredge with flour and brown on all sides in a preheated skillet with oil. Add garlic powder, parsley, basil, rosemary, garlic, onion, celery, carrots, stock, Worcestershire, and butter. Cover with water and simmer on low for 5-6 hours, until meat is tender enough to separate with a fork. Take out meat and strain broth. Put 1/4 cup flour in a pan with 1/4 cup butter, brown. Finally, add 3 cups of reserved stock and cook until it thickens like gravy.

Tammy's Tip: "Heat herbs in braiser first to enhance the flavors. Take out and start the instructions."