

Beef Braised in Red Wine

Yield: 4 servings

1 tablespoon olive oil
1 (2.5-pound) boneless beef chuck roast, rinsed and patted dry
salt
black pepper
3 ounces pancetta, diced
1 yellow onion, diced
4 medium carrots, chopped
4 celery stalks, diced
5 cloves garlic, minced or pressed
1 bottle (3 1/2 cups) dry red wine (e.g., Cabernet, Merlot, etc.)
2 cups chicken stock
2 springs rosemary (or 1 teaspoon Italian seasoning)
2 bay leaves
1 cinnamon stick
2 tablespoons cornstarch

Preheat the oven to 325°F.

Rub salt and pepper into both sides of the meat. Using a large Dutch oven, heat the olive oil over medium-high heat. Sear the meat in Dutch oven on all sides for 2-3 minutes each. Remove from the pot and set aside.

To the fat in the pan, add the pancetta and saute until browned, about 3 minutes. Stir in the onions, carrots, celery and pinch of salt. Saute until caramelized, about 15 minutes. Add the garlic and cook until fragrant, about 30 seconds.

Return the beef to the pan and pour in the wine and chicken stock. Add the bay leaves, rosemary (or Italian seasoning) along with the cinnamon stick. Bring to a simmer over medium-high heat, then cover tightly and transfer the pot to the oven.

Bake for 3 to 3 1/2 hours, turning roast every 30 minutes, until meat is fully tender and is starting to fall apart at the touch of a fork. Transfer the meat to a heat-proof serving platter and tent with foil to keep warm.

Meanwhile, remove the rosemary, bay leaves, and cinnamon stick and place the pot over high heat. Cook the sauce for about 10 minutes. Ladle about 1/2 cup of the sauce into a small bowl and mix with the cornstarch until fully incorporated. Slowly stir the 1/2 cup sauce and cornstarch mixture back into the pot. Cook for another 10 minutes, stirring frequently, until the sauce is thickened. Adjust the seasoning to taste. Uncover the meat and cut against the grain into thin slices. Pour the thickened sauce over the meat on the platter and serve.

Source: [Beantown Baker](#), originally from [Emeril](#)

