

Hearty Slow-Cooked Chuck Roast

This delicious one-pot recipe is surprisingly easy to make. In just 20 minutes, you can prepare the roast and will find it ready to enjoy hours later.

Yield: About six to eight servings.

Timing: 20 minutes preparation, overnight marinade, and 8-10 hours in the Folding Proofer & Slow Cooker.

Ingredients	Volume	Grams	Ounces
Beef chuck roast	3.5 lbs	1,580	56
Black pepper, fresh ground	½ tsp	1.5	0.05
Salt	½ tsp	3	0.1
Bay leaves	2	0.4	0.02
Rosemary, fresh sprigs	3	9	0.32
Onions	2	140	5
Hearty red wine	3 C	675	24
Carrots, large thickly sliced	4	500	18
Celery stalks, thickly sliced	4	50	1.8
Butter	2 T	30	1
Olive oil	2 T	28	1
Garlic cloves, thinly sliced	2	10	0.4

Equipment: Brød and Taylor Folding Proofer & Slow Cooker, large covered bowl or plastic bag to marinate the roast overnight, metal 6-quart covered stock pot less than 8" / 20 cm tall with lid and short handles. Less than 8" / 20 cm total height will allow the pot to rest in the center of the Proofer during slow cooking.

Note: The original Folding Proofer Model FP-101 or FP-201 may also be used. Set the Proofer to 120 °F / 49 °C and place the stockpot directly on the base plate of the Proofer. Follow the recipe and check the internal temperature of the roast after 9 hours. Internal meat temperature should be at least 195 °F / 90 °C for tender beef.

Preparing the Chuck Roast. Sprinkle the salt and pepper lightly over the roast on all sides. Place the chuck roast in a large plastic bag or large bowl with the onions, bay leaves, and rosemary. Pour the wine over the roast, cover, and let marinate overnight.

Getting Ready. Remove the water tray and rack from the Proofer. Select the Slow Cook Mode. Set the temperature at 195 °F / 90 °C.

Preparing Vegetables. After the roast has marinated, slice carrots, celery, and garlic. Place butter and oil in the stock pot with some of the sliced vegetables. Lay the roast on top with all of the marinade and add the remaining vegetables.



Covering and Cooking. Cover the stock pot and gently place in the center of the Proofer, then close the Proofer lid and allow the roast to cook for 8-10 hours. After 6 hours, check the interior of the roast with a thermometer and then turn the roast over. We recommend a temperature of 195-200 °F / 90-93 °C for a tender and juicy roast.

Serving. Remove the bay leaves and rosemary sprigs. Blend some of the celery, carrots, and onion with some of the juices until you have a smooth puree. Spoon some of the puree sauce on each serving plate and top with the roast.

Note: Gently place the stock pot in the center of the Proofer base and avoid sliding your pot to prevent scratching the aluminum surface on the base of the Proofer. Scratching will not damage the function of the Proofer, just the appearance. Placing a sheet of aluminum foil on the Proofer base plate will also protect the base from spills.