



## Saba Braised Chuck Roast with Cippolini Onions and Carrots

Difficulty: Easy

Wine Pairing: 2005 Bodega del Campo Pago Quintana Crianza

Servings: 6

### **Ingredients**

4 lb	Fischer Farms Chuck roast
3 T	Kosher salt
1 T	Black pepper, toasted and freshly ground
1/2 cup	All-purpose flour
1 Tbsp	Olive oil
18 each	Cippolini onions, peeled
3 cloves	Garlic, chopped
3 each	Carrots, peeled, trimmed then cut in half the length of the carrot. Rough chop into odd shaped pieces
1 cup	Red wine
¼ cup	La Saba (sweet grape must, available at the Goose)
¼ cup	Balsamic vinegar
2 cup	Veal, beef or chicken stock
1 Tbsp	Fresh thyme, chopped
1 each	Fresh bay leaf

### **Method of Preparation:**

1. Preheat the oven to 350 degrees.
2. Season the roast generously with salt and pepper then dredge in flour. Shake off excess flour.
3. Heat the oil in a Dutch oven or a heavy bottom pot with a tight fitting lid.
4. Brown the roast on all sides and then remove from pan.
5. Add the onion, carrot and garlic and saute until the smell fills the room and the kids come running.
6. Deglaze the pan with the wine, saba, and the vinegar. Heat to a boil and reduce the volume of the liquid by a third.
7. Add the stock and bring to a boil. Add the thyme and bay leaf, cover the roasting pan with a lid, and place in the oven.
8. Cook until tender, about 1 and 1/2 hour. Remove the pan from the oven and place the roast on a cutting board, reserving the braising liquid in the pan for the sauce. Slice the roast against the grain, cutting 1/4-inch-thick pieces, and put the slices on a serving plate. Place the vegetables randomly about the plate.
9. Season the sauce in the pan to taste with salt and pepper. If the sauce is thin, place the pan on a burner over high heat and reduce until thick enough to coat the back of a spoon. Ladle sauce over the sliced meat and serve hot.