

# chipotle-coffee pot roast

Winter Simmers | January/February 2009



*Sure, beef chuck roast is traditional Sunday fare, but it's just as doable—and delectable—on a weeknight in the slow cooker or pressure cooker. Rub it with coffee and ground chipotle pepper; braise with Brussels sprouts, parsnips, and onion; and serve atop Creamy Polenta.*

PREP: 35 MINUTES COOK: 2 HOURS

- 1 2- TO 3-LB. BONELESS BEEF CHUCK POT ROAST
- 1 TBSP. INSTANT ESPRESSO COFFEE POWDER
- 2 TSP. GROUND CHIPOTLE CHILE PEPPER OR CHILI POWDER (HOT OR MILD)
- 1/4 TSP. SALT
- 1 TBSP. COOKING OIL
- 1 14-OZ. CAN BEEF BROTH
- 3 TBSP. TOMATO PASTE
- 2 TBSP. BALSAMIC VINEGAR
- 3 CLOVES GARLIC, MINCED
- 2 LARGE PARSNIPS, PEELED AND SLICED 1/2 INCH THICK
- 8 OZ. BRUSSELS SPROUTS, TRIMMED AND HALVED OR 1 RED SWEET PEPPER, CUT INTO CHUNKS
- 1 LARGE RED ONION, CUT INTO THICK WEDGES
- 1 RECIPE CREAMY POLENTA (OPTIONAL)

Trim fat from meat. In a small bowl combine instant espresso coffee powder, chipotle chile pepper, and salt. Rub mixture on all sides of pot roast. In a well-ventilated area, in a large Dutch oven, heat oil over medium-high heat. Brown pot roast on all sides in hot oil. Remove from pan; set aside. Drain fat from Dutch oven.

Add broth, tomato paste, vinegar, and garlic to Dutch oven. Bring to boiling over high heat. Return meat to pot. Return to boiling. Reduce heat and simmer, covered, 1½ hours. Add parsnips, sprouts, and onion; cover and cook 20 to 25 minutes more or until meat and vegetables are tender. Transfer meat to a cutting board. Cover with foil. Remove vegetables with a slotted spoon and keep warm. Return cooking juices to boiling; reduce heat. Simmer, uncovered, 5 to 8 minutes or until reduced to about 1½ cups. Slice meat. Serve with cooked vegetables over Creamy Polenta, if desired. Drizzle with cooking juices. **MAKES 6 SERVINGS.**

**SLOW-COOKER DIRECTIONS:** Coat meat with spice blend and brown as directed in master recipe. In a 3½- to 4-quart slow cooker, stir together parsnips, red onion, tomato paste, vinegar, and garlic. Add roast and Brussels sprouts. Reduce broth amount to ¾ cup and pour over meat and vegetables in the cooker. Cover and cook on low-heat setting for 8 to 9 hours or high-heat setting 4 to 4½ hours. Transfer meat to a cutting board. Cover with foil. Remove vegetables with a slotted spoon and keep warm. Transfer cooking liquid to a medium saucepan. Bring to boiling; reduce heat. Simmer, uncovered, 5 to 8 minutes or until reduced to about 1 cup liquid. Continue as directed in master recipe.

**PRESSURE-COOKER DIRECTIONS:** Trim fat from meat. Cut meat into 6 pieces. In a small bowl combine espresso powder, ground chipotle pepper, and salt. Rub mixture on all sides of meat. In a 6-quart pressure cooker brown beef pieces on all sides in hot oil over medium-high heat (if necessary, brown meat half at a time). Remove meat from cooker; set aside. Drain fat from cooker. Add ¾ cup broth, the tomato paste, vinegar, and garlic to the cooker; stir until well combined. Add the cooking rack to the cooker. Place beef pieces atop rack. Add parsnips, Brussels sprouts, and onion to the cooker atop meat. Lock lid in place. Bring to pressure over high heat; immediately reduce heat to stabilize and maintain pressure. Cook for 15 minutes. Remove from heat; set aside to depressurize.

# chipotle-coffee pot roast

Winter Simmers | January/February 2009



cooker. Transfer meat and vegetables to a serving platter. Transfer cooking liquid to a medium saucepan. Bring to boiling; reduce heat. Simmer, uncovered, 5 to 8 minutes or until reduced to about 1 cup liquid. Continue as directed in master recipe.

Per serving: 293 cal., 9 g fat (3 g sat. fat), 67 mg chol., 542 mg sodium, 15 g carbo., 4 g dietary fiber, 36 g protein.

**CREAMY POLENTA:** In a large saucepan bring 2 cups whole milk (for a richer polenta use 1½ cups milk and ½ cup whipping cream) and one 14-ounce can reduced-sodium chicken broth just to boiling. Reduce heat to medium-low and slowly whisk in 1 cup yellow cornmeal. Cook, uncovered, for 8 to 10 minutes or until the polenta is thick, stirring frequently. Remove from heat and add ½ cup grated Parmesan cheese and 2 tablespoons butter; stir until butter is melted. Season to taste with salt and pepper.

**MAKES 4 CUPS.**