

Brin

23 November 2021

## **DUTCH OVEN/SLOW COOKIN' POT ROAST**

The days are getting colder. It's the season for homemade meals. You want to make a warm dish for your family and friends that's easy to make and uses fewer pots and pans for easy clean up. My pot roast recipe can be easily made with minimal effort, and depending on what type of cooking device you use, less of a mess.

I am a picky eater. It takes a lot to convince me to try something new. My mom made a pot roast back in 2019 with her Instant Pot using its traditional fast pace settings, and I wanted to at least try it. I eventually conjured enough courage to try the dish. I discovered that I really enjoyed roast.

A few months later, my step dad made roast using just a regular pot. It was also good, but I wanted to make my own. I wanted to make one that was different from both of their recipes and styles. I decided to stick with my stepdad's slow cooking method and my mom's vegetable choices— for the most part, but I wanted to make a recipe that was mine.

In the past two years, I have made more pot roasts than both of my parents combined with an average of cooking two roasts per month. I've experimented with the traditional ingredients and methods of cooking; the recipe I am sharing has proven to be a favorite for my family.

## USING A DUTCH OVEN

Dutch ovens are pots, usually made of cast iron, you can use on stovetop, in the oven, and

Target 5qt Cast Iron Round Dutch Oven – Threshold™- \$56.00 w/ tax



sometimes over campfires. Dutch ovens are useful kitchen tools for making a variety of different types of food: stews, soups, cobblers, pasta dishes, pot roasts, and breads. The Dutch oven originated sometime in the seventeenth or eighteenth century by the advancement of cast iron cookware and was later patented by the English.

You can cover the Dutch oven with the lid in the oven. The usage of a lid allows for even heating in slow cooking situations.

Do not use metal tongs or other metal equipment on enameled surfaces, and please read your Dutch oven's instructions for maintenance and care **for your safety**.

If you're hesitant to take up more kitchen space for a Dutch oven you can also use an Instant Pot or Crock Pot for this dish too. An Instant Pot is a quick pressure cooker with other cooking style abilities. Most Instant Pots have a slow cooking setting you can use for this recipe. I do not recommend using its regular default quick cooking settings. This recipe requires slow cooking to help develop the flavor of the dish.

## DUTCH OVEN<sup>1</sup> ROAST STEPS:

### INGREDIENTS:

1 Chuck Roast (1.3- 3 lbs.)  
 1 stick of unsalted butter or eight tablespoons  
 12 halved red potatoes  
 1 can of Carrots  
 1 pack of Hidden Valley Ranch Dip mix  
 1 pack of Au Jus Gravy  
 3 Beef Bouillon cubes  
 2 tbs. of oil of your choice  
 1 tsp of salt and pepper

- 1) Preheat the oven at 200° F or 93° C
- 2) Stove Top:
  - i. Grease the bottom of your Dutch oven pot with your choice of oil. You have to grease the Dutch oven first or else the roast will stick to the surface.
  - ii. Season the roast with salt and pepper on the chuck roast<sup>2</sup>.



- iii. On the stovetop, place your Dutch oven on medium high heat.
- iv. Sear both sides of the chuck roast until brown. (This should take about 2 mins. each side.)



<sup>1</sup> **Do Not grab a hot Dutch oven without oven mitts.**

<sup>2</sup> A Chuck roast is a cut of meat that comes from the chuck (shoulder) of a steer.

- v. Take the packet of Hidden Valley Ranch Dip, Gravy, Bouillon Cubes, halved potatoes, and carrots and pour the contents on top of the roast.

3) Oven:

- i. Place the lid on top of the Dutch oven, and use oven mitts to transfer the pot into the oven.
- ii. After 4 hours, flip the beef over.



- iii. After another 3-4 hours, Enjoy!

### **CROCK POT AND INSTANT POT ROAST STEPS:**

- 1) Grease the bottom of a skillet.
- 2) Season the roast with salt and pepper.
- 3) Skillet Instructions:



- i. Sear the chuck roast on medium high heat for approximately 2 mins.



- ii. You will also need to grease the bottom of your Crock/Instant Pot, so the chuck, potatoes, and carrots won't stick.

#### 4) Crock/Instant Pot Transfer Instructions:

- i. Transfer the chuck to your Crock Pot.
- ii. Place the rest of the ingredients on top of the chuck. (\*see vi\*)
- iii. Place your Crock Pot on the medium heat setting for 8 hrs.
- iv. If you're using the Instant Pot you will need to switch it's setting mode to slow cooker and adjust the time setting from it's default setting to 8 hrs.
- v. Flip the beef over after 4 hrs.
- vi. I recommend placing the carrots in after this step if you don't like mashed carrots. (a



downside to instant/ crock  
pot usaged.)



vii. Enjoy after the last 4 hrs.