

My Best Roast Beef ... (and a Killer Gravy!)

- 1 (3-3 ½) pound beef chuck roast (Trim some fat, if desired.)
- Salt and freshly ground pepper for seasoning
- 1 yellow onion, cut in half and sliced
- 3 cloves of garlic, smashed and the skins discarded
- ½-¾ cup red wine
- 4-5 twigs of thyme

Season the beef chuck roast generously with salt and freshly ground pepper.

Heat a Dutch oven, or a deep skillet, over medium-high heat. When it is heated, add 3-4 tablespoons of olive oil, then gently put the beef chuck roast in. Allow to brown evenly, about 5-7 minutes. When the meat lifts easily from the pan, turn it over to brown the other side.

When it is browned on both sides, lift it into a crockpot. Add the onions and garlic to the Dutch oven or deep skillet. Season lightly with salt and pepper. Cook for 7-10 minutes until the onions are translucent and have absorbed some of the browned bits from the bottom of the pot. Carefully pour the wine into the pot and stir to get all of the browned bits scraped up. Turn off the heat and pour the wine and onion mixture onto the beef chuck roast in the crockpot. Add the twigs of thyme.

NOTE: *It will seem that there isn't enough liquid with just that bit of wine, but as it cooks, the meat will release its own juices and you'll end up with a roast covered in concentrated juice enough to make a killer gravy! No matter how much you want to, DON'T add beef broth or water!!*

Cover the crockpot and turn on high. Let cook for at least 6 hours. You can turn it to the low setting after 4 hours, if desired, but it isn't necessary.

To make the Killer Gravy: Ladle the "meat juice" from the crockpot through a strainer into a medium saucepan (about 1 ½-2 cups). In a small bowl, coffee cup, or Pyrex measuring cup, measure 2 Tablespoons of flour. Add 2 Tablespoons of the "meat juice". Whisk together. Turn the heat to medium/medium-high, then pour in the flour/"meat juice" mixture while whisking. Keep whisking/stirring until it thickens. If it doesn't thicken as much as you want, mix a bit more flour and water to add. If it thickens too much, add a bit more "meat juice". Et voilà ... Killer Gravy.

Bon Appétit!