

We "overcooked" several more roasts. Each had the same great texture. The conclusion? Not only do you have to cook stracotto until it reaches 210 degrees internally, but the meat has to remain at that temperature for a full hour. In other words, cook the stracotto until it's done—and then keep on cooking!

Stracotto

(Pot Roast with Mushrooms,
Tomatoes, and Red Wine)

SERVES 6 TO 8

Chuck-eye roast is our first choice for this recipe. Most markets sell this roast with twine tied around the center (see photo on page 286). If necessary, do this yourself. Seven-bone and top-blade roasts are also good choices. Add only enough water to come halfway up the sides of these thinner roasts, and begin checking for doneness after 2 hours. If using a top-blade roast, tie it before cooking (see the illustrations on page 285). Serve with Parmesan Mashed Potatoes (page 82).

- 1 boneless chuck-eye, seven-bone, or boneless top-blade roast (about 3½ pounds)
- Salt and ground black pepper
- 2 tablespoons vegetable oil
- 1 medium onion, chopped medium
- 1 small carrot, chopped medium
- 1 small celery rib, chopped medium
- 10 ounces white button mushrooms, quartered
- 2 medium cloves garlic, minced or pressed through a garlic press
- 2 teaspoons sugar
- ½ cup canned low-sodium chicken broth
- ½ cup canned low-sodium beef broth
- ½ cup dry red wine
- 1 (14½-ounce) can diced tomatoes
- 1 sprig fresh thyme
- 1–1½ cups water
- 1 sprig fresh rosemary

1. Adjust an oven rack to the middle position and heat the oven to 300 degrees. Thoroughly pat the roast dry with paper towels; sprinkle generously with salt and pepper to taste.

2. Heat the oil in a large ovenproof Dutch oven over medium-high heat until shimmering but not smoking. Brown the roast thoroughly on all sides, reducing the heat if the fat begins to smoke, 8 to 10 minutes. Transfer the roast to a large plate; set aside.

3. Reduce the heat to medium, add the onion, carrot, celery, and mushrooms to the pot, and cook, stirring occasionally, until the vegetables begin to brown, 6 to 8 minutes. Add the garlic and sugar and cook until fragrant, about 30 seconds. Add the chicken and beef broths, wine, tomatoes and their juices, and thyme, scraping the bottom of the pan with a wooden spoon to loosen the browned bits. Return the roast and any accumulated juices to the pot. Add enough water to come halfway up the sides of the roast. Bring the liquid to a simmer over medium heat, then place a large piece of foil over the pot and cover tightly with the lid. Transfer the pot to the oven. Cook, turning the roast every 30 minutes, until fully tender and a meat fork or sharp knife easily slips in and out, 3½ to 4 hours.

4. Transfer the roast to a carving board and tent with foil to keep warm. Allow the liquid in the pot to settle for about 5 minutes, then use a wide spoon to skim fat off the surface. Add the rosemary and boil over high heat until reduced to about 1½ cups, about 8 minutes. Discard the thyme and rosemary sprigs. Season to taste with salt and pepper.

5. Using a chef's or carving knife, cut the meat into ½-inch-thick slices or pull it apart into large pieces. Transfer the meat to a warmed serving platter and pour the sauce and vegetables over it. Serve immediately.