fume Bistro & Bar
Tuscan Pot Roast with Rosemary and New Potatoes
paired with
Gerber Vineyards 2001 Laraine Merlot – Winemaker John Gibson

Ingredients:
2 T olive oil
1 4 pound boneless bottom rump roast (sub chuck roll, 7 blade roast or arm sections of chuck**)**
Kosher salt and freshly cracked black pepper
6 c veal or beef stock (sub canned broth if not available)

¼ c tomato paste	2 onions, sliced thin
2 carrots, medium chop	2 ribs celery, medium chop
10 – 12 new red potatoes, cut in ½	4 sprigs fresh thyme
2 ea. Bay leaves	1 cup Merlot

Preparation: (Serves 6)

1. Preheat the oven to 300F
2. In a 5 inch deep Dutch oven or other large ovenproof pot with a lid, heat the oil over medium-high heat until very hot but not smoking. Dry the meat with paper towels and sprinkle with salt and pepper, pressing gently to be sure they adhere. Place the meat in the Dutch oven and brown well on all sides.
3. Remove meat from Dutch oven and add the vegetables. Sauté for 4 – 5 min. and remove from the pot. Add tomato paste, stir for 30 sec. and deglaze with the Merlot. Reduce by ½ and add stock. Return meat to pot. The liquid should come halfway up the sides of the meat; add or subtract stock to adjust. Bring to a simmer and skim any film from the surface. Cover, place in the oven and braise until meat is very tender, 2 – 2-1/2 hours. After 1-1/2 hours add vegetables, rosemary, thyme and bay leaves. To check doneness, plunge a fork straight down into the meat. If the fork slides out easily, the meat is done; if the meat hangs to the fork, give it more time.
4. When the meat is done, remove it and the vegetables from the pot, transfer to a platter, and cover them loosely with foil. Skim the fat from the cooking liquid. Taste the liquid, and if you think it needs more flavor, place the pot on the stove over medium-high heat and simmer to reduce the liquid. For a thicker sauce, reduce it until it coast the back of a spoon. Season with salt and pepper.
5. Cut the meat into thick slices and serve with the vegetables and the braising liquid. A sprig of rosemary for garnish. Serve this with garlic bread and a salad of crisp romaine and Gerber Vineyard Merlot. What more do you need?