



CHUCK ARM POT ROAST - OUR FAVORITE POT ROAST

3 1/2 pounds Kinderhook Farm grass-fed
beef chuck arm pot roast
1 cinnamon stick, broken into pieces
4 whole cloves
3 allspice berries
6 black peppercorns
3 tablespoons olive oil
1 yellow onion, finely chopped
4 cloves garlic, minced
2 celery stalks, sliced
2 carrots, peeled and sliced
1 cup hearty dry red wine
1 (28 ounce) can crushed tomatoes
salt
chopped fresh parsley, for garnish

Combine the cinnamon, cloves, allspice, and peppercorns in a mortar or coffee grinder and grind to a fine powder.

Heat a large saute pan over medium-high heat and add the oil. Add the meat and cook, turning, for 10 to 15 minutes, until browned on all sides. Using tongs, transfer to the slow cooker.

Add the onion to the saute pan and saute, stirring frequently, for 10 minutes, or until lightly browned. Add the garlic, celery, and carrots and saute for 3 to 4 minutes. Add the red wine and cook for about 10 minutes, until reduced by about one-third. Stir in the crushed tomatoes and salt to taste. Pour the sauce over the meat in the slow cooker.

Cover and cook on low for about 8 hours, until the meat falls away from the bone.

Transfer to a warmed serving dish and garnish with the parsley. Serve immediately. It's delicious served over polenta.

Serves 4 to 6

from *The Gourmet Slow Cooker* by Lynn Alley?