Beef Chuck Pot Roast

Oven 325°F

3-5 lbs Beef Chuck

5-7 Carrots, peeled and cut to 3-4 inches

3-4 Ribs Celery, cut to 3-4 inches

2 Onions, peeled and cut in half

1-2 Cloves Garlic, smashed and peeled

~½ Cup Sherry

? Cups Beef Stock

2 Tbs Hot Sauce, something with lots of vinegar

½ Cup Water, to extract flavor out of the meat

3-4 Sprigs Thyme

1-2 Sprigs Rosemary, prepared with above as bouquet garni

Potatoes, peeled and cut to same size

Liberally salt and pepper the beef

Seer on all sides in hot Canola Oil, don’t bother with olive it’d just smoke and lose flavor

Move meat to plate

Quickly toss vegetables in hot pan, just till they pick up color

Add the sherry, allow the alcohol to cook off and pick up the fond

Add the water and hot sauce

Add meat back to pan and add enough stock to reach half way on the meat

Add bouquet, cover and place in oven, about an hour a pound

Add potatoes for last hour

Remove bouquet, shred meat and serve