CHEF RICH'S RECIPE LIBRARY

American Braised Beef

With Root Vegetables, Creamy Mashed Potatoes & Rich Herb Gravy

Deeply browned chuck roast slowly braises with herbs and stock, then comes to the table with tender root vegetables, creamy potatoes, and a rich gravy made from the braising liquid.

YIELD About 6 servings	OVEN 325°F	BRAISE About 2½–3 hours



Chef Rich's Tip

Color builds flavor. Give the beef time to brown and let the tomato paste turn rusty brown before adding the stock. Use the clock as a guide and the fork as your tenderness test.

CHEF RICH | 1PL8 KITCHEN™
Chefrich@1PL8.com • www.1PL8.com

INGREDIENTS

Beef and Braising Liquid

3 lb beef chuck roast, cut into 4–6 large pieces

1½ tbsp olive oil

1 large yellow onion, cut into wedges

3 carrots, cut into large pieces

2 celery stalks, roughly chopped

4 garlic cloves, smashed

2 tbsp tomato paste

2 cups low-sodium beef stock, plus more as needed

1 tbsp Worcestershire sauce

1 tbsp balsamic vinegar

3 sprigs fresh thyme

2 sprigs fresh rosemary

2 bay leaves

1 tsp smoked paprika

1 tsp 1PL8 Herb Salt™, plus more to taste

½ tsp black pepper

Root Vegetables to Add Later

3 additional carrots, cut into large, even pieces

2 parsnips, peeled and cut into large pieces

1 small rutabaga, peeled and cubed

Creamy Mashed Potatoes

2½ lb Yukon Gold potatoes, peeled and cut into even chunks

4 tbsp unsalted butter

½–¾ cup warm milk, as needed

¼ cup sour cream, optional

½ tsp 1PL8 Herb Salt™, plus more to taste

¼ tsp black pepper

1 tbsp chopped fresh chives or parsley

Shopping note: You'll need 6 carrots total—3 for the braising base and 3 to add later. The gravy uses the braising liquid, so no separate gravy ingredients are needed.



CHEF RICH | 1PL8 KITCHEN™
Chefrich@1PL8.com • www.1PL8.com

COOKING DIRECTIONS • STEPS 1–4

1 Sear the beef

Heat the oven to 325°F. Pat the beef dry and season with the 1 tsp Herb Salt and ½ tsp pepper. Heat the oil in a Dutch oven over medium-high heat. Sear the beef on all sides until deeply browned, working in batches. Transfer to a plate.

2 Build the flavor

Add the onion, the first 3 carrots, and celery to the same pot. Cook for 4–5 minutes. Stir in tomato paste and cook until it changes from bright red to rusty brown, stirring to keep it from burning. Add garlic and cook for about 1 minute, until fragrant. Pour in a little stock and scrape up the browned bits. Add the remaining stock, Worcestershire, balsamic vinegar, paprika, thyme, rosemary, and bay leaves.

3 Braise until tender

Return the beef and its juices to the pot. The liquid should come about one-third to halfway up the meat; add stock as needed. Cover and braise in the oven for approximately 2½–3 hours total. Check periodically and add stock if the pot is becoming dry. The beef is ready when it pulls apart easily with a fork; allow more time if needed.

4 Add the root vegetables

Add the remaining 3 carrots, parsnips, and rutabaga during the final 45–60 minutes of braising, depending on their size. Cut evenly and check for tenderness. They should be tender without falling apart.





CHEF RICH | 1PL8 KITCHEN™
Chefrich@1PL8.com • www.1PL8.com

5 Make the potatoes while the beef finishes

During the final 30 minutes, place potatoes in a pot and cover with cold water. Salt the water if desired. Bring to a boil, then simmer for 15–20 minutes, until fork-tender. Drain thoroughly and return to the warm pot for a minute to release excess moisture. Mash gently with butter, warm milk, optional sour cream, the ½ tsp Herb Salt, and ¼ tsp pepper. Add milk gradually until creamy. Finish with chives or parsley.

6 Finish the rich herb gravy

Transfer beef and vegetables to a warm platter. Remove herb stems and bay leaves from the pot. Skim excess fat from the liquid, then simmer uncovered for 5–10 minutes to concentrate the flavor. For a smoother gravy, strain it; for a rustic finish, leave the softened onions and vegetables in. Taste and adjust seasoning. Spoon beef, root vegetables, and gravy over the mashed potatoes.





To serve

Spoon the creamy mashed potatoes into warm bowls. Add the braised beef and root vegetables, then ladle the rich herb gravy over the top.

CHEF RICH | 1PL8 KITCHEN™
Chefrich@1PL8.com • www.1PL8.com