

Burgundy Braised Pot Roast with Herbed Goat Cheese Polenta

For the version of this dish we served at the LAVA KOV Food and Wine Pairing, we prepared both the pot roast and the polenta the day before. We did not make the gravy referenced below, but did save the wine/meat mixture, chilled it overnight, and then removed the congealed fat from the top. We reheated the pot roast in the wine mixture.

Burgundy Braised Pot Roast

Boneless Beef Chuck Roast 2-3 lbs

1 Big Bottle Gallo Hearty Burgundy (This bottle is bigger than a regular wine bottle.)

Use a dutch oven/large soup pan....

Cover bottom of pan with 1/8 inch mixture of olive oil and canola oil, and sprinkle into oil rosemary and thyme - fresh is preferred.

Heat oil in pan on high heat (without the meat in it) until very hot and then sear both sides of chuck roast - about 2-3 minutes on each side. Turn down the heat and add the wine until the meat is just covered. Heat the wine until boiling and then turn heat down to simmer. Keep the wine just boiling. Cover the pan, cracking the lid so steam can escape.

After 1 1/2 hours turn over the meat and add additional wine to cover meat if needed. Try to keep meat at simmer, or just boiling.

Check every 30 minutes for tenderness of meat....at the end, the meat will shred easily or just fall apart. Watch carefully that it doesn't burn, you can add water to make more liquid.

When the meat is done, take it out of the wine and put aside.

If you wish to make the juice into gravy, add corn starch mixed in warm water to thicken the wine mixture. You can also add salt and pepper to taste or beef boullion cubes to flavor the wine. We do both.

Put the meat back into the gravy to keep warm. When ready to serve, shred meat into large chunks on platter....put sour cream dollops onto meat and then garnish with chopped green onions....these two actually make the meal.

Serve over or with rice or polenta.

Usually takes at least 3 to 4 hours depending on the size of the chuck roast so you need to plan ahead.

Herbed Goat Cheese Polenta

There are lots of ways to make polenta. I used a boxed instant version because I had never made it before. If you make it from scratch, make it with chicken stock and then follow the instructions below.

1 BOX Valsugana Polenta prepared with 7 Cups Chicken Stock

Once Polenta is ready, thin with Half and Half to a creamy texture. I used around 1 Cup. Also stir in 1 Cube of Butter....

Then stir in 2 5.oz packages Herbed Goat Cheese – I used Laura Chenel's Chevre brand.

At this point you can add more Half and Half or Butter to bring it to the right consistency or taste.

This is also better the second day and can be reheated in the microwave. There is no need to add any liquid before using the microwave.

How to Serve:

Serve side by side with the Pot Roast, but beware using too much juice or gravy as you will overpower the delicate polenta flavors. You can also add a small dab of goat cheese on top of both the polenta and pot roast as a final garnish.