



Russell Hobbs

DUALCHEF PRESSURE COOKER Recipe

BEEF POT ROAST

Function: SLOW COOK

Time: 8 hours

Serves: 2-4

INGREDIENTS

2.5kg beef chuck roast, rolled	3 celery stalks
1 tsp salt	250ml dry red wine
1 tsp pepper	750ml beef stock
1 tbsp olive oil	50g flour
1 largely diced onion	1 tsp dried rosemary
5 garlic cloves, smashed	1½ tsp dried thyme
5 carrots diced	750g potatoes, peeled and cut into 2.5cm

METHOD

1. Pat the beef dry with paper towels. Sprinkle generously with salt and pepper all over.
2. Heat the beef in the **Russell Hobbs DualChef** pot (SAUTÉ function). Brown all over - a deep dark brown crust. Remove and place on a plate.
3. In the same pot, add onion and garlic. Cook for 2 minutes until onion is browned.
4. Add wine, reduce by half. Select the SLOW COOK function and cook for 3 hours.
5. Mix flour and about 1 cup of the broth. Lump is fine. Pour into pot.
6. Add remaining broth, carrots, celery, rosemary and thyme into the pot.
7. Cover and slow cook on LOW for 5 hours (45 min pressure cook on HIGH).
8. Add potato, slow cook on LOW for 3 hours (10 min pressure cooker on HIGH).
9. Remove beef. Rest for 5 minutes, then slice thickly.
10. Adjust salt and pepper of sauce to taste.
11. Serve beef with vegetables and plenty of sauce.

Chef's tip: the natural release portion of electric pressure cooking is an important step. We have found that if you release the pressure immediately after cooking, your beef may toughen up. Letting the pressure cooker sit for 15 minutes during the natural release stage produces a more tender result.