

## **Basic Pot Roast**

(NYTimes Passover Cookbook Linda Amster)

This recipe is best if the beef is cooked the day before and then reheated, which greatly improves the flavor. Though first-cut brisket is more expensive and leaner than the thicker cut, it tends to be less succulent. Use first cut **only** if a low-fat recipe is necessary.

1 Tablespoon olive oil  
4 pounds boneless brisket in one piece, preferably second-cut  
2 cups finely chopped onions  
1 cup finely chopped carrots  
1 cup finely chopped celery  
3 cloves garlic, minced  
3 ½ cups beef stock  
Salt and freshly ground black pepper  
1 ½ teaspoons dried thyme  
1 bay leaf  
2 Tablespoons tomato paste

1. Preheat the oven to 350°F.
2. Heat the oil in a heavy 3 – quart covered casserole. Add the beef and cook over medium-high heat until browned on all sides. Remove the meat from the casserole and add the onions, carrots and celery. Cook over medium-low heat until tender and lightly browned. Stir in the garlic, then add the stock.
3. Bring to a simmer, scraping the bottom of the pan. Stir in the salt and pepper to taste, thyme and bay leaf. Return the meat to the casserole.
4. Cover the casserole and place in the oven. Bake for about 2 hours until the meat is tender.
5. To serve at once, remove the meat from the casserole and set aside. Strain the cooking liquid and puree the vegetables and the tomato paste. Bring to a boil and cook for about 5 minutes until the sauce has thickened slightly. Season to taste with salt and pepper.
6. Slice the meat against the grain and arrange on a platter. Spoon some of the hot sauce over the slices and pass the rest alongside.
7. Alternatively, the meat can be refrigerated overnight in the cooking liquid and the next day Steps 5 and 6 of this recipe can be followed.

Makes 6 to 8 servings