

Pressure Cooker Mom's Classic Pot Roast with Savory Onion Gravy

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Ingredients

- 3-4lb chuck roast *See notes for 3 pound roast
- 1 large yellow onion, chopped small, about 1 1/2 - 2 cups
- 4 whole carrots, cut into 3" sections
- 1 Tbl minced garlic, fresh
- 3 cups beef stock
- 2 Tbl Worcestershire sauce
- 2 tsp kosher salt
- 1 tsp black pepper
- 1 Tbl parsley, dried
- 1 tsp thyme, dried
- 1 Tbl olive oil
- 2 Tbl corn starch
- 2 Tbl water

Steps

1. Coat the chuck roast with 1 tsp of salt on all sides.
2. In your pressure cooker turn on the Sauté High feature, add the oil.
3. Once the oil is shimmering carefully place the roast in the pot searing for 6-9 minutes on each side. Each side should have a dark caramelized crust.
4. Once seared, remove the meat from the pot and set aside.
5. Turn pressure cooker off
6. Next, in order, place the onions, carrots and garlic. *Note - if you like a more firm carrot, leave them out. See the note about cooking the carrots to have a more firm consistency.
7. On top of the vegetables place the seared meat and any juices that were on the plate.
8. In a bowl whisk together the stock, Worcestershire sauce, remaining salt, pepper, thyme and parsley.
9. Pour this over the meat.
10. Turn on pressure cooker using the "Pressure Cook" button and High Pressure, and set the time to 90 minutes.
11. After 90 minutes release the pressure in either pressure cooker using the natural release method.
12. Carefully remove the lid and using large slotted spoons gently remove the roast and set on a serving platter to rest. It should be fall-apart tender.
13. Next, remove the carrots and set aside.
14. To make gravy strain any fat off and place the juice back into the pot. Bring the liquid to a boil (set pressure cooker to "Sauté-High").
15. In a small bowl stir together the cornstarch and water until blended.
16. Whisk in the cornstarch slurry into the pot.
17. Reduce the heat to medium and stir occasionally until desired consistency.
18. Taste the gravy for seasoning – additional salt and or pepper.

Notes

- More firm carrots - So I like a super soft carrot but if you do not, follow these instructions. Set the timer for 65 minutes WITHOUT the carrots in the pot. At the end of 65 minutes, do a quick release, add the carrots into the pot then cook on high pressure for 15 minutes. Once done, follow the rest of the recipe for with a natural release.



*Pressure Cooker
Classic Pot Roast
with Savory Onion Gravy*



Mom's Classic Sunday Pot Roast

So fork tender it practically falls apart when you look at it!

NO KNIFE NEEDED!

