Chuck Roast (Sous Vide)

November 2nd, 2022

Chuck Roast is a less expensive cut of Beef that can be flavorful, but tough if not cooked properly. With this long slow preparation, the humble Chuck Roast can be elevated to compare with a much more expensive cut. If desired, use 3 or 4 lengths of Butcher's Twine to truss the roast. Although not necessary, this can provide a roast with a more uniform look and a better finished presentation.

Ingredients:

2-3 lbs Beef Chuck Roast or Beef Boneless Shoulder Roast

Dry Rub
1 Teaspoon Table Salt
1 Teaspoon Garlic Powder
1 Teaspoon Dried Tomato Powder or 1 Tablespoon Tomato Paste

Finishing Sauce
2 Dried Mushrooms
1 Tablespoon Worcestershire Sauce
1 Teaspoon Soy Sauce
Au Jus from the Roast
1 Teaspoon Corn Starch

Directions:

Mix the ingredients to make the Rub.
Use a paper towel or tea towel to dry the meat of any excess moisture.

Coat the Roast generously with the Rub, ensuring full coverage.

Truss the roast, if desired.
Place the Chuck Roast into a Sous Vide bag, in a single layer.

Vacuum out all the air and seal the bag.
Refrigerate 24 hours and up to 1 week.
Freeze up to 6 months.

Sous Vide at 131° F for 12 hours.

Remove the bag from the Sous Vide.
The unopened bag can be refrigerated up to 4 weeks or frozen up to 6 months.

Open the bag and reserve the Au Jus for the Finishing Sauce.
Remove the Roast from the bag. Using a paper towel or tea towel, pat the Roast to remove any excess moisture.

Heat a frying pan over medium-high heat.
Sear one side of the Roast for 90 seconds.
Turn over the Sear and sear for 60 seconds.

Rest the Chuck Roast for 10 minutes.

Meanwhile, mix the Au Jus with Corn Starch. Whisk together to remove any lumps.
Use a small saucepan over medium heat.
Mix in the Dried Mushrooms, Worcestershire Sauce, and Soy Sauce.
Reduce the Au Jus until it begins to thicken

Slice the Roast into thin slices, on the bias.

Serve with Creamy Gorgonzola Horseradish Sauce on the side.