

Scott's stolen braised Beef with Mushrooms

3 cups beef stock

1 oz. dried mushrooms

4lb beef chuck roast

Salt and freshly ground pepper to taste

1 ¼ cups flour

¼ cup olive oil

2 yellow onions sliced 1/4" thick

3 garlic cloves

1 cup dry white wine

½ cup drained diced canned tomatoes

1 oz bittersweet chocolate chopped

2 sprigs fresh thyme, rosemary and oregano OR dried

In a sauce pan over high heat, bring stock to boil: add mushrooms. Remove from heat, cover and let stand 1 hour. Season beef with salt and pepper. Dredge beef in 1 cup flour; shake off excess.

In a large sauté pan over medium-high heat, warm oil. Brown beef, 3-5 minutes per side. Transfer to slow cooker. Over medium heat, cook onions and ¼ cup flour, stirring occasionally, 3 minutes. Add garlic; cook 1 minute. Add wine, tomatoes, chocolate, and herbs; bring to simmer. Pour in stock and mushrooms, leaving grit behind. Simmer 3-5 minutes; add to slow cooker. Cover and cook on high 4.5 hours. Discard herbs. Cut beef into chunks; serve with sauce. Serves 6.

Good stuff.