

Chuck Roast

A very flavorful cut that can handle various cooking methods. Moist cooking is easiest (pot roast, slow cooker, Dutch oven). Due to its fat content it can also hold up to slow cooking dry heat such as smoking, slow roast.

In a low temperature oven (85°C, 185° F), or coolest part of your grill, bbq, smoker. Bring internal temperature up to 90°C (195°F), cover and allow to rest. Sous vide can allow you to serve medium rare steaks or roasts.

Open up the chuck along muscle seam to remove any large pockets of fat (due to the low cooking temperature, these pockets can be a less enjoyable eating experience).

Rinse whole roast briefly under cold water, pat dry. Add some dry seasoning then roll and tie the roast into a cylinder. Put into vacuum bag with your favorite marinade and seal. Set water bath to 90° (195°F). Add bag and set timer for 2 minutes to pasteurize the surface of the roast. Add cold water to bring temperature to 58° C (137°F medium) and allow to cook for 24hrs (cover the water bath with a lid or cling film to prevent evaporation). Remove from bag and pat dry.

Sear the roast on high heat of your stove top, grill, or put in a hot oven 235°C (450°+) to caramelize the surface. Alternately portion into desired size steaks and sear in the same way.

Save the cooking liquids! Put into a pot and boil to use as a sauce.