Beef chuck roast is the perfect cut of meat to prepare in a slow cooker. The tough meat becomes tender and incredibly succulent when it's cooked over low heat in a small amount of liquid for a long period of time.

Give classic pot roast a flavor boost with a few simple Italian ingredients, like anchovy paste and wild onions called cipollini [chihp-oh-LEE-nee].

While not everyone's cup of tea, in Italy anchovy paste is used in cooking to add depth and salty flavor to dishes. Here it adds a savory layer without tasting fishy. And since cipollini are in season now and taste delicious slow-cooked, they're a great choice in the pot roast. Look for them at most grocery stores or Italian markets, or use boiler onions instead.

Italian-Style Pot Roast
with gremolata

In order to easily peel the cipollini, blanch them for 2 minutes in boiling water. Transfer them to an ice water bath and the skins will slip right off!

Makes 8 servings; Prep time: 45 minutes, Cook time: 4–5 hours (high)

HEAT:
- 2 Tbsp. olive oil
- 1 boneless beef chuck roast, trimmed, seasoned with salt and black pepper (4–5 lb.)

STIR:
- 6 cloves garlic, chopped
- 1/3 cup all-purpose flour
- 2 Tbsp. tomato paste
- 1 Tbsp. anchovy paste
- 1 Tbsp. beef base (such as Better Than Bouillon)

DEGLAZE:
- 1 cup dry red wine
- 1 can whole tomatoes in juice, quartered (14.5 oz.)
- 2 dried bay leaves
- 1 tsp. dried rubbed sage
- 1/2 tsp. dried rosemary
- 1/2 tsp. freshly grated nutmeg
- 1/2 tsp. kosher salt
- 1/4 tsp. red pepper flakes

ADD:
- 1 lb. small white potatoes, halved
- 4 carrots, cut into 2- to 3-inch pieces
- 12 oz. cipollini, blanched, peeled

COMBINE:
- 2 Tbsp. minced fresh flat-leaf parsley
- 1 Tbsp. minced garlic
- 2 tsp. minced lemon zest

Heat oil in a large skillet over medium-high until shimmering. Brown roast on both sides, about 5 minutes per side. Transfer roast to a 4- to 6-qt. slow cooker.

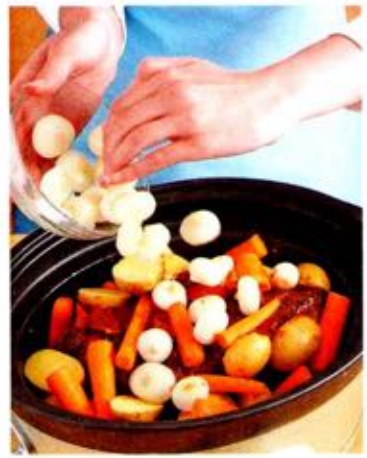
Stir garlic, flour, tomato paste, anchovy paste, and beef base into skillet and cook 1 minute.

Deglaze skillet with wine and reduce by one-third, scraping up bits on the bottom. Add tomatoes and juice, bay leaves, sage, rosemary, nutmeg, salt, and pepper flakes; bring to a boil and cook until thick, 3–4 minutes. Pour wine mixture over roast in slow cooker.

Add potatoes, carrots, and cipollini to the slow cooker. Cover slow cooker and cook until meat is fork-tender, on high setting, 4–5 hours, or low setting, 8–9 hours. Transfer roast to a platter. Using a slotted spoon, arrange vegetables around roast. Strain sauce; skim off any fat from the surface. Serve sauce with roast.

Combine parsley, garlic, and zest for the gremolata. Garnish roast with gremolata.

Per serving: 466 cal; 13g total fat (4g sat); 149mg chol; 809mg sodium; 25g carb; 4g fiber; 54g protein



Add cipollini to the slow cooker. They will become sweeter as they simmer in the wine mixture.

Use a gravy separator to remove the fat — it will rise to the top. Or use a spoon to skim it from the surface.