

# ***PRESSURE COOKER YANKEE POT ROAST***

- 1 3- to 4-pound beef pot roast, such as cross-cut chuck
  - salt
  - fresh finely ground black pepper
  - paprika
  - 1 tablespoon olive oil
  - 1 large onion
  - 3 large garlic cloves (or 6 small)
  - 2 bay leaves
  - ½ teaspoon dried thyme
  - 2 cups canned beef broth
  - 1 cup peeled baby carrots
  - 2 tablespoons all-purpose flour
  - 2 tablespoons butter, softened
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1. Trim and peel onion; cut into ¼-inch thick slices, then cut slices in half crosswise; set aside.
  2. Peel garlic and cut large cloves in half lengthwise; set aside.
  3. Trim roast of any excess fat, but do not remove the “fat cap” on one end.
  4. Rinse roast and pat dry with paper towels; season with salt, pepper, and paprika on all sides, rubbing in the seasonings with your fingers.
  5. Heat oil in pot of large pressure cooker (6- to 8-quart) over medium-high heat; add roast and brown on all sides, about 3 minutes per side.
  6. Remove roast from pan and place on plate.
  7. Pour off all but 1 tablespoon of fat from pan; add onion and saute over medium-high heat until softened, about 5 minutes, stirring occasionally.
  8. Add bay leaves, thyme, and garlic to pan; stir and saute about 30 seconds.
  9. Add broth to pan; bring to boil over high heat, stirring and scraping up any brown bits from the bottom of the pan.
  10. Return meat and any accumulated juices to pan; lock lid in place and bring to high pressure over high heat.
  11. Reduce heat to maintain high pressure and cook 60 to 80 minutes, depending on weight of roast.
  12. Remove pan from heat; release pressure by quick-release method; remove roast to cutting board and cover with foil.
  13. Allow sauce to rest about 5 minutes, then skim off and discard any fat that accumulates on the surface.
  14. Add carrots to pan, lock lid in place, bring to high pressure, adjust heat to maintain pressure, and cook 5 minutes.
  15. Mix flour and butter together in a small bowl.
  16. Remove pan from heat; release pressure by quick-release method.
  17. Add about 1 cup of sauce from pan to butter and flour mixture, stirring to blend; return mixture to pan, stirring to blend over medium heat.
  18. Slice roast and return to pan to reheat for a few minutes before serving.