

Hugh Acheson's Slow-Cooker Pot Roast With Chickpea Salad

By Food52

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Reprinted from The Chef and the Slow Cooker. Copyright © 2017 by Fried Pie, LLC. Photographs copyright © 2017 by Andrew Thomas Lee. Published by Clarkson Potter/Publishers, an imprint of Penguin Random House, LLC. Pot roast sometimes gets a bad rap for being dry, boring, and bland. I understand the hesitation with dishes that maybe you had bad versions of growing up, but this recipe shines a new light on a classic. Using chuck and cooking it slow-and-low allows it time to fully develop its flavor. Pair it with a fresh chickpea salad to brighten up the dish.

Serves 6 to 8 **Prep time:** 25 min

Cook time: 8 hrs Pot Roast:

- 1 boneless beef chuck roast (about 3 pounds)
- Kosher salt
- 1 tablespoon freshly ground black pepper
- 2 tablespoons canola oil
- 4 medium carrots, large-diced
- 6 garlic cloves, smashed
- 6 bay leaves
- 6 sprigs fresh thyme
- 1 quart beef stock
- 1 quart dry red wine
- 1 tablespoon coriander seeds, toasted and ground
- Charred Onion & Chickpea Salad, recipe follows

1. Pat the chuck roast dry and season it all over with salt and the pepper.
2. Place a large braising pan, such as a Dutch oven, over high heat and warm the canola oil in it until it shimmers. Add the chuck roast and sear it for about 5 minutes per side, until nicely browned. Transfer the roast to a plate to rest, and add the carrots and onion to the braising pan. Cook for 3 minutes on high heat, stirring, until the vegetables are starting to soften; then add the garlic, bay leaves, and thyme sprigs and cook for 1 minute more. Add the stock, red wine, and ground coriander and deglaze the pan, scraping up any browned bits. Cook for 5 minutes.
3. Remove the pan from the heat and carefully pour the contents into a slow cooker. Add the chuck roast, cover with the lid, and cook on the low setting for 8 to 10 hours, until very tender. Season with additional salt, if desired.
4. Transfer the roast to a platter, discard the bay and thyme, and serve the Charred Onion & Chickpea Salad alongside.

Charred Onion & Chickpea Salad:

- 1 tablespoon canola oil
- 1 large red onion, halved lengthwise, root end of each half left intact
- 2 (15-ounce) cans chickpeas, drained and rinsed

- 2 cups coarsely chopped fresh cilantro (from about 1 bunch)
 - 4 red jalapeño peppers, thinly sliced
 - 3 tablespoons freshly squeezed lemon juice
 - 2 tablespoons extra-virgin olive oil
 - 1 tablespoon ground cumin
 - Kosher salt
1. Heat a small skillet over medium-high heat. Add the canola oil, and when it begins to shimmer, add the onion halves, cut-side down, and char for about 10 minutes—you want them to be well blackened. Remove the skillet from the heat and let the onion halves cool to room temperature; then slice each half into 1/4-inch-thick half-rings.
 2. In a medium bowl, combine the chickpeas, cilantro, jalapeños, charred onion slices, lemon juice, olive oil, and cumin. Toss well and season with salt to taste.