

Italian Stracotto Italian pot roast

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Italian Stracotto pot roast is a recipe common in most regions of Northern and Central Italy. Stracotto which translates to overcooked in Italian is a tender, slow cooked pot roast. It's the kind of dish that fills your kitchen with that irresistible warm aromas, drawing everyone to the table in anticipation.

Unlike a typical roast that might be seared and cooked quickly, stracotto embraces the art of slow cooking. The result is a piece of meat so tender it practically melts in your mouth, full of deep, rich flavors of the cooking liquid. Traditional make with cuts of beef chuck or beef brisket that thrive in a long, slow braise. It's the kind of meal that brings people together, the kind you linger over with a glass of wine and good conversation.

Why I love this Italian Stracotto pot roast

This recipe is so lovable because it's a perfect blend of simplicity, tradition and comfort. Stracotto celebrates the art of slow cooking where time transforms humble ingredients into something extraordinary. The tender beef, infused with flavors of wine, herbs and tomatoes feels like I am a little girl in my mother's kitchen.

What I like most is how easy and versatile this pot roast recipe is. With just 15 minutes of prep time and 3 hours of

cook time you have a meal that's steeped in tradition and it's delicious. Not only is it easy to make it's versatile too. You can serve it with polenta, mashed potatoes or even pasta to soak up the rich savory sauce.

For me Italian stracotto pot roast isn't just a meal , it's a connection to family, tradition, and the simple joys of Italian cooking. Every bite has the flavors of my childhood , and I love that it can create those same cherished memories for others. Whether served on a special occasion or as a hearty Sunday dinner, Italian stracotto pot roast is a timeless recipe that showcases the warmth and love of Italian cooking. Try it for yourself, and let me know your experience with this recipe. I love hearing from you and it helps others . THANKS!!!

Ingredients

- 3-4 Lbs. chuck roast
- 2 Tbsp. olive oil
- 1 cup diced pancetta
- 2 Tbsp. minced garlic
- 1 cup each chopped onion+ carrots + celery
- 1 cup red wine
- 3 cups beef broth
- 1 14 oz. can crushed tomatoes
- a few sprigs of rosemary, thyme and a few bay leaves
- salt and pepper to taste

Instructions

1. Start by salt and peppering the meat. Then in a dutch oven in the olive oil over medium high heat sear the meat on all sides.
2. Remove and in the same pot add the pancetta and cook until crisp . then add in the carrot, celery and onions and cook until soft and translucent.

3. deglaze the pan with the red wine waiting until it evaporates before adding the beef stock. Then add in the stock, marinara sauce, the herbs and return the meat back to the dutch oven.
4. Simmer covered for 2 1/2 -3 hours or until the meat is fork tender. ENJOY!!!!