Italian Beef

HEARTY

YIELD	ACTIVE	TOTAL	OVEN	PER SERVING
6 sandwiches	≈1 h	≈5 h + overnight chill	300 °F (149 °C), then 350 °F (177 °C)	1,027 kcal · 1,831 mg Na · 55 g protein

EQUIPMENT
Dutch oven, 6 qt+ · Fine-mesh strainer · Sheet pan

#	INGREDIENT	MASS	VOLUME	PROCEDURE
POT ROAST (DAY 1)				
1	Water	1183 g	5 cups	Oven to 300 °F (149 °C), rack in the middle. Whisk the base into the water. This is the stock.
	Better Than Bouillon, roasted beef	30 g	5 tsp	
2	Chuck roast, *boneless*	1588 g	3½ lb	Season the roast all over with the salt and pepper. Heat the oil in the Dutch oven over medium-high. Brown on all sides until deeply golden; lower the heat if the fat smokes. Set aside.
	Kosher salt, Morton	7.2 g	1½ tsp	
	Black pepper		1 tsp	
	Vegetable oil	27 g	2 tbsp	
3	Onion, *rough chop*	110 g	1 medium	Lower the heat to medium and add the onion to the pot. Sauté, stirring now and then, until just beginning to brown, 8–10 min.
4	Italian seasoning		1 tbsp	Add the seasoning and pepper flakes; sauté until fragrant, ≈1 min. Add the garlic, ≈30 s.
	Crushed red pepper		2 tsp	
	Garlic, *rough chop*	18 g	6 cloves	
5	Thyme, fresh		2 sprigs	Deglaze with ½ cup of the stock, scraping up the browned bits, and reduce by half. Add the rest of the stock and the thyme. Bring to a simmer.
6				Return the roast and its juices. Braise in the oven, turning every 30 min, until fork-tender but still holding together, 3½–4 h. For slicing, don't let it fall apart.
7				Lift out the roast. Strain the jus and discard the solids. Cool, then refrigerate the roast and jus separately overnight so the roast firms up for slicing.
SWEET PEPPERS + BUILD (DAY 2)				
8	Green bell peppers, *seeded, strips*	476 g	4	Oven to 350 °F (177 °C). Toss the peppers, oil, garlic powder and salt on the sheet pan. Bake, stirring halfway, until soft and lighter in color, ≈20 min.
	Olive oil	27 g	2 tbsp	
	Garlic powder, *granulated*		1 tsp	
	Kosher salt, Morton	1.2 g	¼ tsp	
9				Slice the cold roast across the grain as thin as you can. Firm it in the freezer first (firm, not frozen) for thinner slices. Bring the jus to a simmer. Taste before adding any salt.

Source: Jeff Mauro (Food Network), adapted: sliced thin, no wine
georgemain.com/recipes/hearty/italian-beef

#	INGREDIENT	MASS	VOLUME	PROCEDURE
10	French rolls, Turano*, soft, hinged*	462 g	6	Drop the beef into the simmering jus just until hot through. Pile onto each roll with sweet peppers and giardiniera. Dunk the whole sandwich in hot jus, or serve the jus on the side.
	Hot giardiniera, Marconi*, 1 oz each*	168 g	6 oz	

NUTRITION	MASS	CALORIES	SODIUM MG	PROTEIN G
Better Than Bouillon, roasted beef	30 g	50	3,400	5
Chuck roast	1588 g	3,938	1,080	273
Kosher salt, Morton	8.4 g	—	3,360	—
Vegetable oil	27 g	239	—	—
Onion	110 g	44	4	1
Italian seasoning		10	1	0
Crushed red pepper		11	1	0
Garlic	18 g	27	3	1
Green bell peppers	476 g	95	14	4
Olive oil	27 g	239	1	—
Garlic powder		10	2	1
French rolls, Turano	462 g	1,201	2,518	42
Hot giardiniera, Marconi	168 g	301	600	—
Total		**6,165**	**10,984**	**327**
Per serving (1/6)		**1,027**	**1,831**	**55**

Nutrition: USDA FoodData Central: SR Legacy (chuck blade roast, oils, onion, garlic, crushed red pepper as cayenne, Italian seasoning as dried oregano at McCormick's 0.3 g per ¼ tsp, bell peppers, garlic powder) and Branded Foods labels (Better Than Bouillon, Morton, Turano, Marconi). All the jus is counted, though much of it stays in the pot. Water, black pepper and thyme (strained out) not counted.

INSTEAD OF CHUCK ROAST	FROM THE FREEZER, BEST FIRST
Chuck roast, 3½ lb	**1** Arm roast (chuck, leaner, slices cleaner) · **2** Rump roast (round, like the stands use; leanest, so pull it as soon as it's tender)

NOTES

- No wine: ½ cup of the stock does the deglazing.
- Mauro says Turano or Gonnella rolls, no substitute. The numbers are for Turano Original French Rolls (6 per 16 oz bag).
- Short on time? Pull the warm beef into chunks instead of chilling and slicing. That's how Mauro serves it.