

## 24-Hour Sous Vide Chuck Roast with Gravy

1 3-pound chuck roast  
Seasoning spice mix of choice  
Ground black pepper and salt  
Flour  
1 tablespoon high heat oil, such as grapeseed oil  
1/2 cup homemade beef stock

First, fill a large pot with water, insert the sous vide circulator, and set the heat at 165 degrees F.

Season the beef liberally with a spice seasoning mix of choice. I used Santorini Sunset seasoning (available from Kouzouna's Kitchen). Grind a bunch of black pepper over it, and lightly salt if your seasoning mix does not contain salt. Pat the roast all around with flour until it is thoroughly coated.

Heat a cast iron skillet to high heat and add the tablespoon of oil. Sear the roast on all sides until it is browned and crusty.

Place the roast in a gallon zip-top freezer bag, then remove all the air by zipping it almost shut and slowly immersing it into the pot of water until all the air is sucked out of the bag, then finish sealing the bag. Cover the pot with cling-wrap to prevent evaporation. Now go find something to do for the next 24 hours, like eat your dinner, watch a movie, sleep, get up and do laundry, or whatever you find yourself doing for the next day.

About a 20 minutes before you want to eat the roast, turn off the sous vide, remove the bag from the pot, and remove the roast from the bag, saving the juices in the bag. Set the roast aside on a plate and cover with foil while you make the gravy.

Pour the juices from the bag into a skillet set over medium-high heat. Add the 1/2 cup beef stock to it. Bring the sauce up to a simmer, and whisk constantly while keeping a simmer until the gravy has reduced and thickened. To finish the gravy, add a half tablespoon of very cold butter and stir it in until just melted. Strain the gravy through a sieve (I also line it with mesh or cheesecloth) into a serving bowl.

Serve the fall-apart tender meat with the gravy and sides of vegetables.