



Bottled with love, for the joy of living

MOCHA-RUBBED ROAST + BALSAMIC BLUEBERRY SAUCE PAIRED WITH

2019 CABERNET SAUVIGNON, MADRONE RIDGE VINEYARDS MOON MOUNTAIN DISTRICT, SONOMA VALLEY

INGREDIENTS

- 2 lb beef chuck roast
- 1 lb new potatoes
- 8 parsnips
- 8 carrots

Spice Rub

- 2 tbsp espresso powder
- 1 tbsp cocoa
- 2 tbsp chipotle powder
- 1 tbsp cayenne pepper
- 1 tbsp season salt
- 1 tbsp curry powder
- 1 tbsp black pepper



Sauce

- 2 large yellow onions, sliced
- 2 tbsp olive oil
- 1 C blackberry wine
- 1 C balsamic vinegar
- 8 garlic cloves, whole
- 1 Knorr beef stock pot
- 1 T peppercorns
- 2 bay leaves
- 4 tbsp tomato paste
- 1 C frozen blueberries
- 1/2 C brown sugar (optional)

INSTRUCTIONS

Begin by combining the ingredients for the spice rub. Mix them together and massage it into your roast, getting it into every nook and cranny. There's quite a lot of spice, so if that's not desirable, use less of the chipotle and cayenne, or switch some out for a bit of smoked paprika.

In a large pot, add the olive oil and sliced onions. Sauté until the onions are golden brown. Then remove from the pan. In the same pot, add the roast and sear on all sides, blackening it a bit due to the spice rub.

Add the onions back into the pan and then add the blackberry wine and balsamic vinegar. Let the liquid simmer until it reduces by about 1/3. Then add the garlic cloves, the beef stock, peppercorns, bay leaves, tomato paste and the frozen blueberries.

Stir all together until everything has combined to make a nice thick sauce. Pour the mixture into the slow cooker and then place the whole roast right in the middle. Add the vegetables on top, place the lid on and set the cooker to low. Cook for 6-8 hours.

Remove the vegetables and roast and set them aside. Taste the sauce. Add the brown sugar if it needs it and be sure to stir it in well. Plate and serve.