

Rosemary-Crusted Chuck Steak

1 chuck steak or chuck roast (2½ to 5½ pounds)

Garlic-Rosemary Rub

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2 tbsp. dried rosemary

1½ tbsp. coarse salt

1 clove garlic, minced

2 tspn. freshly ground black pepper

Preheat oven to 250°F.

Rub Garlic-Rosemary Rub into the chuck. Cover loosely with plastic wrap, and let rest at room temperature for 30-60 minutes. Roast the meat in a shallow pan for 30 minutes, then lower the oven temperature to 170°F. Continue to roast for 4 to 6 hours (depending on the weight – the larger the cut, the longer the roasting time), or until an internal meat thermometer registers 120° to 125°F. To ensure tenderness, do not cook beyond 125°.

Allow the meat to rest, tented loosely with foil, for 5 to 10 minutes before slicing and serving. Serves 3 to 6, depending on the size of the cut.