AMERICAN · DINNER · LUNCH

Cast-Iron Braised Chuck Roast

195 min · Serves 6 · 589 kcal a serve · Video 7:11 · Carnivore Quest

Carnivore · Gluten-free ingredients · Dairy-free · Nut-free

A cheap, well-marbled cut made tender with nothing but salt and water. Each serve gives about 60 g of protein and is a rich source of zinc, iron and vitamin B12, with no added oil or sugar.

Diet notes: Low carb (0 g net carbs) but not keto: 58% of the energy is from fat, and keto meals get about 60% or more.

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Ingredients 3 · SERVES 6

- [ ] 1 **beef chuck roast**, 1.4–1.8 kg
- [ ] a generous **amount of salt** for the crust (about 2 tsp)
- [ ] 710 ml **water**

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Contains: none of the common allergens in the listed ingredients. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Heat the oven to 180°C. Warm a large cast-iron pan slowly, starting on low and turning it up to high over a few minutes. 2:10
2. While the pan heats, salt the chuck roast generously on every side. 2:21
3. When the pan is smoking hot, sear the roast a few minutes per side, edges included, until a deep salty crust forms. Turn off the heat. 2:42
4. Let the pan cool for about 2 minutes so the water won't boil over, then pour 710 ml of water in around the meat. 3:34
5. Cover loosely with foil or an upturned tray so some steam can escape, and bake about 2¾–3 hours, checking after 2 hours, until the meat pulls apart with a fork. 4:05
6. Slice or pull into chunks and serve with the rich pan juices spooned over. 5:13

> **Tip** Serves 6 (our estimate for a 1.6 kg roast). Keep leftovers in their juices for up to 4 days; the jus is rich, so thin it with 60 ml water when reheating. It also makes a dip for steaks and patties.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
589 kcal	**57 g**	**0 g**	**0 g**	**38 g**	**870 mg**
2,460 kJ	115% of a day	0 g net · 0 g sugars	0% of a day	15 g saturated	38% of a day
		0% of a day		49% of a day	

Energy from net carbs 0% · protein 40% · fat 60% — very low carb (under 10% of the energy from carbs)

High in (20%+ of a day) Vitamin B12 176% · Zinc 121% · Selenium 97% · Vitamin B6 33% · Iron 26% · Omega-3 24%

Source of (10–19%) Potassium 10%

Recipe and video: Carnivore Quest (@CarnivoreQuest) on YouTube — youtube.com/watch?v=Hcp2n2W31SY, published 28 July 2022. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/cast-iron-braised-chuck-roast