

# Orange-scented Beef Chuck Roast braised in Coffee & Balsamic vinegar (Mod RG)

EFFORT: A LITTLE

- PRESSURE: HIGH
- TIME UNDER PRESSURE: 50 OR 75 MINUTES
- RELEASE: NATURAL
- SERVES: 4

## Ingredients

1 1/2 tablespoons canola oil

1 large yellow onion, halved and thinly sliced into half-moons  
1/2 teaspoon cumin seeds

2-3 pounds boneless beef short ribs

1 cup very strong coffee  
2 tablespoons balsamic vinegar

1 tablespoon finely grated orange zest  
1/2 teaspoon ground allspice  
1/2 teaspoon salt  
1/2 teaspoon ground black pepper

1 x 2 inches for beef chunks

## Instructions

1. Heat the oil in a 6-quart stovetop pressure cooker set over medium heat or in a 6-quart electric pressure cooker turned to the browning mode.
2. Add the onion and cumin seeds; cook, stirring quite often, until the onion begins to brown a bit at the edges, about 7 minutes. Remove the onion and cumin seeds for step 4.
3. Add half the beef and brown on one side, about 8 minutes. Remove to a cutting board, and then brown the other half for 8 minutes. Cut the meat into chunks about 1 inch by 2 inches.
4. Pour in the coffee and vinegar; sprinkle in the zest, allspice, salt, and pepper. Add back the onion, cumin seeds and beef.
5. Lock the lid and set the machine to cook at high pressure for 38 minutes. I used Meat / medium setting, and the meat came out very nice.
6. Turn off the machine or unplug it so it doesn't flip to its keep-warm setting. Use natural pressure release, which takes about 15 minutes.
7. Unlock and remove the lid. Transfer the roast to a cutting board; use a slotted spoon to transfer the onions to a small serving bowl. Defat the sauce, either by using a fat separator or skimming it with a small spoon.
8. Bring the sauce to a simmer in the stovetop pot by setting it over medium-high heat or in the electric cooker by turning it to the browning function. Boil, stirring once in a while, until the sauce has reduced to half its original volume, about 7 minutes. Serve the meat with the sauce and onions.

## TESTERS' NOTES

- If you've never had beef braised in coffee, you're in for a treat. The sauce is mellow, sweet-and-sour, and sophisticated.
- Use a cup of very strong coffee (half again as much ground coffee as you would use for a standard cup), rather than espresso.

## RG NOTES

We served this with roasted potatoes on the side.

# Orange-scented Beef Chuck Roast braised in Coffee & Balsamic vinegar (Original)

EFFORT: A LITTLE

- PRESSURE: HIGH
- TIME UNDER PRESSURE: 50 OR 75 MINUTES
- RELEASE: NATURAL
- SERVES: 4

## Ingredients

1 1/2 tablespoons peanut oil

1 large yellow onion, halved and thinly sliced into half-moons

1/2 teaspoon cumin seeds

One 2-pound boneless beef chuck roast

1 cup very strong coffee

2 tablespoons balsamic vinegar

1 tablespoon finely grated orange zest

1/2 teaspoon ground allspice

1/2 teaspoon salt

1/2 teaspoon ground black pepper

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## Instructions

1. Heat the oil in a 6-quart stovetop pressure cooker set over medium heat or in a 6-quart electric pressure cooker turned to the browning mode. Add the onion and cumin seeds; cook, stirring quite often, until the onion begins to brown a bit at the edges, about 7 minutes.
2. Push the onion and seeds to the sides of the cooker; add the beef and brown on both sides, about 4 minutes.
3. Pour in the coffee and vinegar; sprinkle in the zest, allspice, salt, and pepper.
4. Lock the lid onto the pot.

STOVETOP: Raise the heat to high and bring the pot to high pressure (15 psi) – this takes about 7 minutes. Once this pressure has been reached, reduce the heat as much as possible while maintaining this pressure. Cook for 50 minutes.

OR

ELECTRIC: Set the machine to cook at high pressure (9-11 psi). Set the machine's timer to cook at high pressure for 75 minutes.

5. Reduce the pressure.

STOVETOP: Set the pot off the heat and allow its pressure to fall back to normal naturally, about 10 minutes.

OR

ELECTRIC: Turn off the machine or unplug it so it doesn't flip to its keep-warm setting. Let its pressure fall back to normal naturally, 25 to 35 minutes.

6. Unlock and remove the lid. Transfer the roast to a cutting board; use a slotted spoon to transfer the onions to a small serving bowl. Defat the sauce, either by using a fat separator or skimming it with a small spoon.
7. Bring the sauce to a simmer in the stovetop pot by setting it over medium-high heat or in the electric cooker by turning it to the browning function. Boil, stirring once in a while, until the sauce has reduced to half its original volume, about 7 minutes. Slice the roast into 2-inch, irregular chunks, then serve with the sauce and onions.

## TESTERS' NOTES

- If you've never had beef braised in coffee, you're in for a treat. The sauce is mellow, sweet-and-sour, and sophisticated.
- Use a cup of very strong coffee (half again as much ground coffee as you would use for a standard cup), rather than espresso.

### Serve It Up!

Grate peeled celeriac (celery root) through the large holes of a box grater. Blanche in a large pot of boiling water for 2 minutes, then drain in a colander set in the sink. Toss with a little unsalted butter, divide it among the serving bowls, and top with the meat, onion, and sauce.