

MISSISSIPI ROAST

(slightly modified from The Iron You)

3 lbs boneless chuck roast or top or bottom round roast
2 teaspoons fine grain salt
1 teaspoon ground black pepper
3 tablespoons grapeseed oil
3 tablespoons butter
8 pepperoncini peppers (I used jarred)
2 tablespoons mayonnaise
2 teaspoons apple cider vinegar
1 tablespoon chopped fresh dill
1/4 teaspoon sweet paprika

Rub salt and pepper all over the roast.

Heat oil in a large pan over high heat until it is shimmering and almost starts smoking. Place the roast in the pan and brown on all sides, about 4 to 5 minutes per side, to create a crust. Remove roast from the pan and place it in the insert of the crock pot.

Make the ranch dressing by mixing mayonnaise, vinegar, dill and paprika. Whisk well to emulsify. To the meat in the crock pot add butter, pepperoncini, and the ranch dressing. Cook on low for 6 to 8 hours.

Using two forks, shred the meat and mix it with the gravy surrounding it.