

Beyond the basics

Here are simple recipes and tips to get the most out of Quick Roast.

Double up:

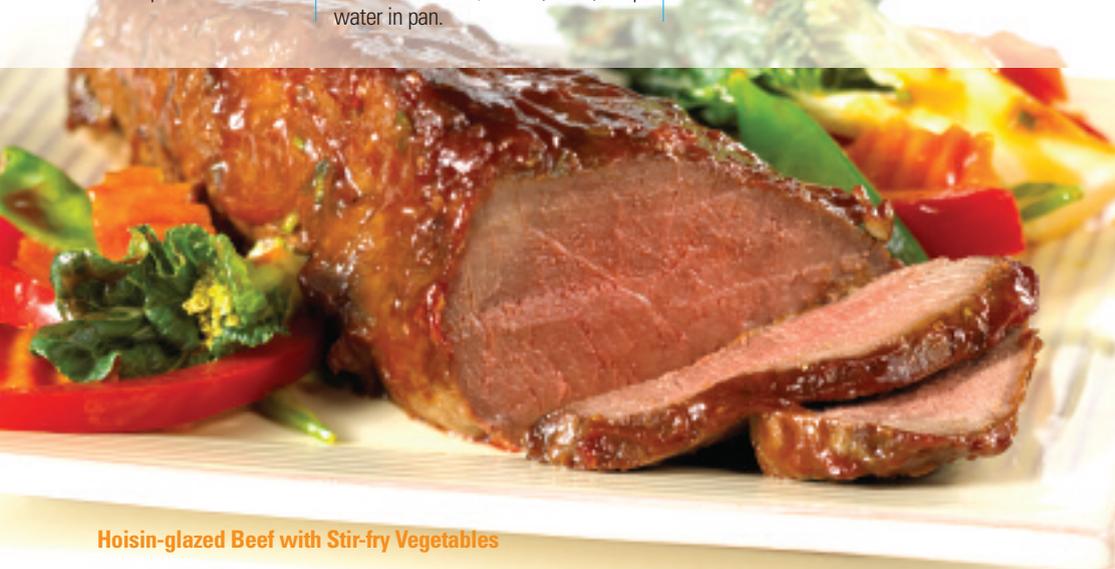
If you want to serve a big roast beef dinner in less than an hour, just oven-roast 2 Quick Roasts at the same time. Dinner for 4 to 6 is ready in just the time it takes to make the mashed potatoes.

Mushroom-Crusted Quick Roast:

Combine 1 tbsp (15 mL) EACH olive oil and Dijon mustard, 1 clove garlic (minced) and half pkg (14 g pkg) dried mushrooms (minced); rub all over seasoned raw roast. To prevent mushrooms from scorching, oven-roast with 1/4 inch (5 mm) deep water in pan.

Hoisin-glazed Beef with Stir-fry Vegetables:

Combine 1/4 cup (50 mL) EACH soy sauce, hoisin sauce and ketchup, 2 cloves garlic (minced), and 1 tbsp (15 mL) EACH minced gingerroot and maple syrup. Brush 2 tbsp (30 mL) over Quick Roast before cooking. Use remaining glaze to toss with stir-fried vegetables; serve with cooked roast and steamed rice.



Hoisin-glazed Beef with Stir-fry Vegetables

Thermometer Sweepstakes



Win 1 of 50 Digital Thermometers (retail value \$25.00)

A food thermometer is THE COOK'S BEST TOOL for cooking Quick Roasts, Beef Burgers, Beef Oven Roasts, Rotisserie and Prime Rib. Now you can win a digital rapid read thermometer so you can cook like a pro!

To Enter: Visit beefinfo.org/roasting and complete an entry form. No purchase necessary. Contest runs from November 13, 2006 until January 31, 2007. At a drawing in February 2007, fifty entries will be chosen to win. Winners must answer a skill-testing question. Must be a Canadian resident of the age of majority. See beefinfo.org/roasting for official rules.

Enter online @ beefinfo.org/roasting

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Beef Information Centre



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Roast Beef Cooking Lessons

Mini Quick Roasts



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Smaller roasts, ready fast Beef Quick Roast



Quick Roasts are 1 lb (500 g) fresh beef roasts cut from traditional oven roasts. Sized to fit small families, they are perfect for those who want roast beef dinner without the leftovers.

In just 50 minutes, Quick Roasts cook to a tender, evenly-cooked medium-rare – something you won't get with just any small roast. The secret is the Quick Roast shape.

It's so easy. Just season meat and oven-roast – that's all there is to it!

Get ready

Start with a 1 lb (500 g) Beef Quick Roast such as: Sirloin Tip, Outside Round, Inside Round, Cross Rib or Top Sirloin.
Use small oven proof skillet, casserole or shallow pan with roasting rack.



Step by Step to Tender Quick Roast



1

Season; insert thermometer

Pat roast dry; rub all over with salt and pepper and/or seasonings such as Dijon mustard mixed with horseradish, Worcestershire sauce, minced garlic and dried crumbled rosemary, thyme or Italian seasoning. **Place** on rack or bed of vegetables in pan. **Insert** oven-safe thermometer lengthwise into meat so that thermometer tip is in centre of roast (stem is almost not visible).

Cook's Notes: For even cooking, don't remove the netting. Instead of a rack, you can use a bed of 1/2-inch (1 cm) chunks vegetable, such as carrots, parsnips, sweet potatoes, potato or onion wedges. Season by tossing with olive oil, salt, pepper, minced garlic and pinch thyme.



2

Oven-roast 50 minutes; let stand

Roast in 350°F (180°C) oven for 45 to 50 minutes or until thermometer reads 140°F (60°C) for medium-rare, or 155°F (68°C) for medium. **Tent with foil**; let stand 5 minutes.

Cook's Notes: Letting roast stand after cooking allows juices to settle and makes for easier carving as roast becomes firmer. Foil covering helps to keep roast warm while standing. Tent loosely to avoid steaming.

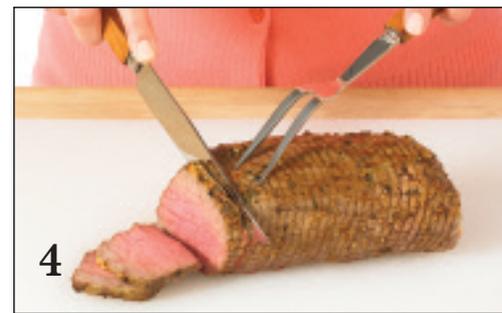


3

Remove netting

While holding netting down with tongs, snip netting between tongs, cutting full length of roast. Peel off with tongs, scraping seasonings from netting and patting back onto roast. **Remove** roast and vegetables from pan; keep warm.

Cook's Notes: Remove netting while roast is still in pan so any seasonings that come off are captured in pan drippings for flavourful sauce.



4

Making a sauce and carving

Place roasting pan with drippings over medium heat; gradually stir in 1 cup (250 mL) broth, stirring up any browned bits from bottom of pan. Taste; if flavour is weak, simmer vigorously to reduce. Season to taste; add splash of whipping cream and/or balsamic or wine vinegar, if desired.

Carve roast across the grain into thin slices to serve.

Cook's Notes: Slicing the meat across the grain shortens the long muscle fibres and maximizes tenderness.