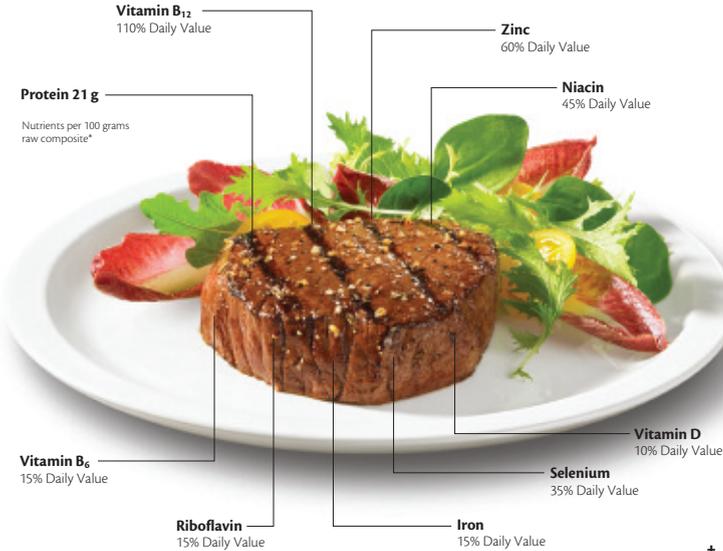


Beef. Goodness in every bite.™



Make eating well easy by adding nutritious lean beef to your busy mealtimes.

Every bite of lean beef is packed with **14 essential nutrients***, such as zinc, iron and B₁₂. And eight cuts of lean beef qualify for Health Check™, the Heart and Stroke Foundation of Canada food information program. Beef – make every bite count!



†Choosing leaner beef (meat) is part of healthy eating. The Beef Information Centre financially supports the Health Check™ education program. This is not an endorsement. See www.healthcheck.org. Eight beef cuts qualify for the Health Check™ program. Fat content per 100 gram raw, trimmed of external fat (0 inch/cm trim): eye of round 5 g, inside round 5 g, sirloin tip 5 g, top sirloin 6 g, flank 8 g, strip loin 8 g, cross rib 9 g, outside round 9 g. *Per 100 gram composite (raw 0 inch/cm trim): Fat 8 g, 12% Daily Value.



Questions about beef? beefinfo.org



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Winter 2007, Issue 3

Make it WINTER ROASTING BEEF



WHAT'S NEW:
Oven roast guidelines

Make great gravy – see **HOW TO**

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winter

Shorter days, longer nights and cold weather have us craving warm comfort foods. A roast in the oven is a comfort food classic that's surprisingly simple to do.

With minimal effort to prepare, and little to no tending while it cooks, a roast lets you enjoy more time for yourself, friends and family. And remember that roasting is the perfect easy-fix for entertaining.

In this winter issue of Make it Beef (MIB), the focus is on **Oven Roasts** – how to do them best. In **What's New**, we share **new** cooking information as a result of our recent cooking tests.

In **Dinner Now**, as always, we keep meals simple. Heinz® Tomato Juice makes a terrific weeknight pasta dinner with slivers of leftover roast beef.

And, in **Real Life** Lea & Perrins® Worcestershire Sauce shines as the classic, simple seasoning for a roast beef dinner that a helpful daughter makes after school for her busy working mom.

So sit back and relax – the roast is in the oven and dinner is making itself!

Joyce

Joyce Parslow, Home Economist,
Beef Information Centre Kitchens



Need a roast that's sized for your small household? Learn all about **Mini Quick Roasts** at beefinfo.org Cooking Lessons.



Make it
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Join The Club now to receive our free monthly e-newsletter with recipes to make meals easy.

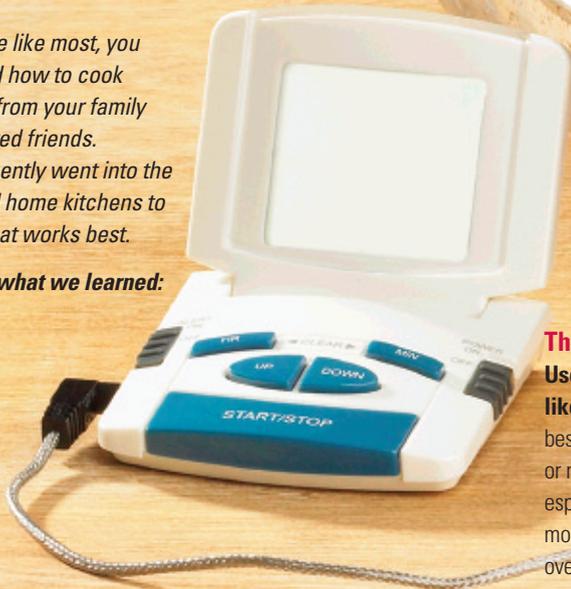
ONLINE
beefinfo.org

Oven Roast Best Practices Sharing secrets...

If you're like most, you learned how to cook roasts from your family or trusted friends.

We recently went into the lab and home kitchens to see what works best.

Here's what we learned:



Thermometers Know Best

Use a meat thermometer to cook like a pro. A thermometer is the best way to know your roast is ready or not. The type pictured here is especially handy because it lets you monitor cooking without opening the oven door. It will even beep when your roast is done as you like it.

The Lowdown

Use a lower oven temperature. Low and slow provides better tenderness, juiciness and flavour. You get very little pan drippings this way – which is good. Less juice in the pan means more juice in the roast.

Go Topless

For that browning you love in restaurant-roast beef, skip the lid and use dry-heat oven roasting. Don't cover the roast or add water to the pan. Even adding veggies to the pan inhibits browning. Save the lid and liquid for cooking Pot Roasts and Simmering Steaks.

Oven Roast Cooking Instructions

Cook Times are guidelines only and vary with ovens, roast type and shape. **Roasts may be done up to 30 minutes sooner or later than estimated times.**

Use a meat thermometer to judge doneness.

- 1  **Season** roast. Place, fat side up, on rack in shallow roasting pan (no water is necessary). Insert oven-safe meat thermometer into centre of roast, avoiding fat or bone.
- 2  ***Oven-sear** by placing uncovered roast in preheated 450°F (230°C) oven **for 10 minutes.**
- 3  **Reduce** heat to 275°F (140°C). Cook to desired doneness, removing from oven when 5°F (3°C) below finished temperature. (Bone-in roast can take 30 to 45 minutes longer. Tenderloin can take 30 to 40 minutes less.)
- 4  **Cover** with foil and let stand for at least 15 minutes. Roasts can stand 20 to 30 minutes before carving into thin slices.

Estimated Cook Time (hours)

Weight (kg)	Medium-Rare 145°F (63°C)	Medium to Well-Done 160°F (71°C) or +	Weight (lb)
1	1-3/4 to 2-1/4	2 to 2-1/2	2
1.5	2 to 2-1/2	2-1/4 to 2-3/4	3
2	2-1/4 to 2-3/4	2-1/2 to 3	4
2.5	2-1/2 to 3	2-3/4 to 3-1/4	5.5

***Not around to turn it down?** Skip Step 2 and roast at a constant 275°F (140°C). This is especially good for less tender cuts and smaller roasts (less than 1 kg/2 lb). Allow approx. 15% longer cook time.

Tenderness Rating: ★★★★★ Tenderloin • Rib • Rib Eye • Strip Loin • Top Sirloin • Prime Rib
 ★★★ Sirloin Tip • Tri-tip • Rump
 ★★ Outside Round • Inside Round • Eye of Round

Working together...

Who wouldn't love to come home to a weeknight roast beef dinner? With help from daughter Tamara (age 11), busy working mom Cynthia Cousins pulls it together. Here's how...

Before going to work, Mom gets THE ROAST ready – 5 minutes max.

Using a 3 lb (1.5 kg) **Oven Roast (such as Sirloin Tip or Eye of Round)**, Cynthia brushes the roast all over with 1 tbsp (15 mL) **Lea & Perrins® Worcestershire Sauce** and rubs on 1 tsp (5 mL) **steak seasoning** plus 1/2 tsp (2 mL) **dried oregano**. Roast goes into pan, thermometer is inserted, roast is covered with plastic wrap and refrigerated.

Home from school, Tamara preheats oven to 450°F (230°C). Roast comes out of fridge (pan and all), wrap is removed and roast goes into hot oven. Tamara sets the timer for 10 minutes. Timer beeps – oven is turned down to 275°F (140°C). Then there's homework (of course).

Mom comes home. Roast is ready. As cooked roast stands, Mom makes Simple Sun-Dried Tomato Sauce. With microwave-baked potatoes and purchased salad, the feast is complete!



“This roast beef dinner is such a treat! It’s a simple way for Tamara to make a big contribution to our family. She’s proud, I’m proud!” *Cynthia*

SIMPLE SUN-DRIED TOMATO SAUCE (SEE COVER)

Heat pan drippings in roasting pan over medium-high heat; stir in 2 cups (500 mL) **sodium-reduced beef broth**, scraping up any browned bits. Add 1/2 cup (125 mL) oil-packed **sun-dried tomatoes** (slivered) and 3 tbsp (45 mL) **Lea & Perrins® Worcestershire Sauce**. Gradually stir in a mixture of 1 tbsp (15 mL) EACH cornstarch and cold water (combined); bring to boil and stir until thickened. **Makes 1-1/2 cups (375 mL).**

Per 2 tbsp (30 mL): 45 Calories, 2 g protein, 3 g fat, 3 g carbohydrate. % Daily Value (DV): source of iron (5% DV), 12% DV sodium

For more great Lea & Perrins recipes, visit leaperrins.ca





Sizing up the matter...

by Carolyn Kallio, BIC Registered Dietitian

It has to be one of the most common questions at the meat counter: How big a roast should I buy? The meat counter staff give their recommendation – it seems so different from what your recipe calls for. What’s going on here?

MEAT MATH		
Canada Food Guide Servings (approx.) (each serving = 75 g cooked)		
Raw Roast Size	Boneless Roast	Bone-in Roast
500 g	4	3
1 kg	8	6
1.5 kg	12	10
2 kg	16	13
2.5 kg	21	16

All servings are not created equal

When a recipe says “makes 4 servings”, it does not necessarily mean “serves 4 people.” Numbers of servings are often based on serving sizes as defined in *Canada’s Food Guide*. For beef, a Food Guide Serving is a 75 gram cooked piece – about the size of 2 lipsticks placed side by side. This may seem small to some, but keep in mind, **beef is nutrient dense with goodness in every bite (see back cover for details).**

The raw facts

Meat will lose moisture and fat when it cooks. About 120 grams raw boneless roast (or 170 grams raw bone-in roast) will give you a 75 gram Food Guide Serving.

So how much is enough?

See the Meat Math chart (left) for handy reference when deciding what size roast to buy. We often enjoy more than one Food Guide Serving in one meal. Think of how many of those 75 g servings each person at your table is likely to eat. (Butchers often estimate a serving size that is more than double that amount – 175 to 250 g per person.) You may want to buy a roast that gives you the luxury of having some leftovers. After all, leftover roast beef is the ultimate convenience food, making for fabulous second meal opportunities (see page 13).

Check out the different recommended servings for Meat and Alternatives at www.canadafoodguide.org

POT ROAST OF BEEF WITH ROOT VEGETABLES

Health Check™ qualified lean beef cross rib is featured in this delicious Bonnie Stern recipe. Look for this and other lean beef recipes in the latest Heart and Stroke Foundation cookbook, HeartSmart™: The Best of HeartSmart™ Cooking.

4 lb (2 kg)	Boneless Beef Cross Rib Pot Roast (tied)
1/2 tsp (2 mL)	salt
1/4 tsp (1 mL)	pepper
1 tbsp (15 mL)	olive oil
2	onions, chopped
2 cloves	garlic, finely chopped
2 tbsp (25 mL)	EACH chopped fresh rosemary and thyme, or 1 tsp (5 mL) dried
2 cups (500 mL)	dry red wine
2 cups (500 mL)	sodium-reduced beef stock or water
2 tbsp (25 mL)	balsamic or red wine vinegar
2	EACH onions, carrots and parsnips, cut in chunks
4	Yukon Gold potatoes, peeled and cut in chunks
1	sweet potato, peeled and cut in chunks
2 tbsp (25 mL)	chopped fresh parsley

Per serving: 353 calories, protein 34 g, fat 11 g, saturates 4 g, cholesterol 74 mg, carbohydrate 28 g, fibre 4 g, sodium 302 mg, potassium 919 mg
 Excellent source: Vitamin A, Niacin, Vitamin B₁₂, Vitamin B₆, Iron
 Good source: Folate, Riboflavin, Vitamin C

1. Pat roast dry; season with salt and pepper. Heat oil in Dutch oven on medium-high heat. Add roast; brown well on all sides, 10 to 15 minutes. Remove roast from pan.

2. Discard all but 2 tsp (10 mL) oil from pan. Add chopped onions and garlic. Cook until tender, about 4 minutes. Add rosemary, thyme and wine; bring to boil. Cook, uncovered, for 10 to 15 minutes or until wine reduces to about 1 cup (250 mL).

3. Add stock and vinegar; bring to boil and return beef to pan. Cover tightly; cook in preheated 350°F (180°C) oven for 1-1/2 hours.

5. Arrange onions, carrots, parsnips, potatoes and sweet potato around roast. Cover and continue to cook for 1-1/2 hours or until vegetables and beef are tender.

6. Remove beef to carving board and vegetables to serving platter; keep warm. Skim any fat from juices; simmer on top of stove, uncovered, until concentrated and flavourful.

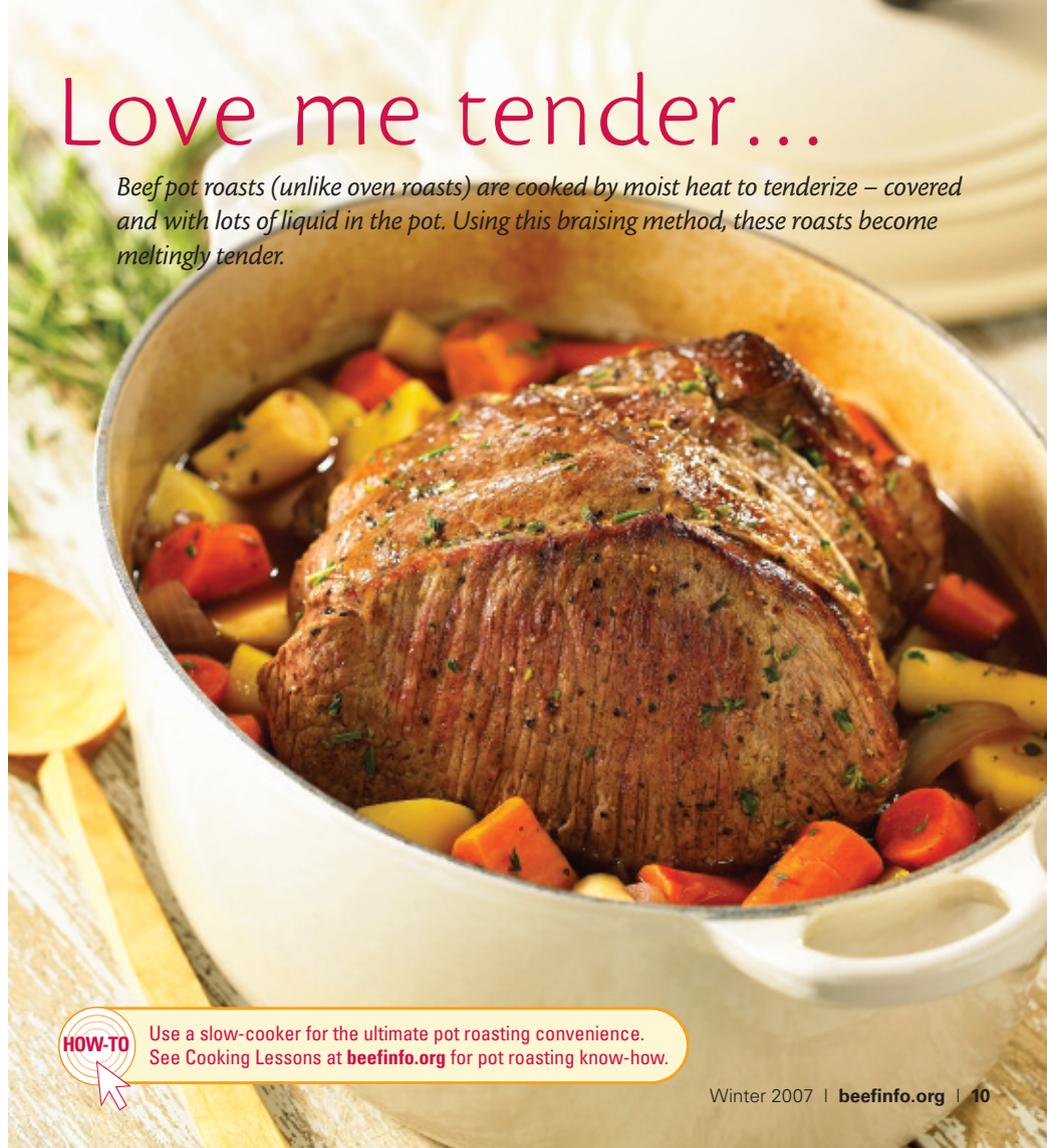
7. Slice meat, arrange over vegetables and spoon juices on top. Sprinkle with parsley.

Makes 10 to 12 servings.

Recipe from HeartSmart™: The Best of HeartSmart™ Cooking. Copyright © 2006 by the Heart and Stroke Foundation of Canada and Bonnie Stern Cooking Schools Ltd. Published by Random House Canada.

Love me tender...

Beef pot roasts (unlike oven roasts) are cooked by moist heat to tenderize – covered and with lots of liquid in the pot. Using this braising method, these roasts become meltingly tender.



Use a slow-cooker for the ultimate pot roasting convenience. See Cooking Lessons at beefinfo.org for pot roasting know-how.

great gravy

Au Jus, Pan Jus or Sauce – they're all just gravy in the end. Gravy is easy to make and once you know the basics, you'll wonder what all the fuss was about.

- **Start with roast drippings** – it's what's left in the bottom of your pan after the roast is cooked. If you don't have much, don't worry – concentrated drippings make flavourful gravy.
- **Drain off fat** – with lean beef roasts you may not have much.
- **Heat drippings** right in the roasting pan over medium-high heat, gradually stirring in 2 cups (500 mL) beef broth (or a beef broth/red wine mix), stirring up any browned bits from bottom of pan.
- **Thicken – the 2 basic ways:** Cook down the liquid, letting it concentrate by evaporating (*Pan Jus* or *Au Jus*), OR use flour or cornstarch (see *Classic Gravy* below).
- **Season to taste.** Add salt and pepper and/or a splash of cream, wine or vinegar. Taste as you go. Serve as is for a rustic version but strain if you want a silky smooth sauce.

Classic Gravy: Stir together equal amounts of flour and soft butter, OR cornstarch and cold water, making smooth mixture. Gradually stir either mixture into simmering sauce; bring to boil, stirring until thickened (Note: 1 tbsp/15 mL cornstarch or 2 tbsp/30 mL flour thickens 2 cups/500 mL liquid). For an alternate way to thicken with flour, see Peppercorn Wine Sauce page 12.

HOW-TO

For Prime Rib carving instructions, see *Oven Roasting* at beefinfo.org Cooking Lessons.



PREMIUM OVEN ROAST WITH PEPPERCORN WINE SAUCE

Put your gravy lesson into practice with this easy-to-make special-occasion roast. You can also make the recipe with more price-conscious oven roasts such as Eye of Round or Sirloin Tip.

Cut 5 or 6 cloves garlic into slivers; set aside. Cut shallow slits all over a **Premium Oven Roast** (e.g. **Top Sirloin, Boneless Rib or Prime Rib**); insert garlic slivers into slits. Rub all over with coarse salt and pepper. Cook following Roasting Instructions (page 4). Make Peppercorn Wine Sauce as roast stands.

PEPPERCORN WINE SAUCE: Drain off all but 2 tbsp (30 mL) fat from pan. Heat pan drippings in roasting pan over medium-high heat. Stir in 2 tbsp (30 mL) **all-purpose flour**; cook, stirring constantly, for 1 minute. Gradually stir in 1 cup (250 mL) **EACH sodium-reduced beef broth and red wine or Madeira** and 2 tsp (10 mL) **cracked mixed peppercorns**. Cook, stirring up any browned bits from bottom of pan. Whisk until sauce boils and thickens, about 4 minutes. *Makes 1-1/4 cups (300 mL).*

Per 2 tbsp (30 mL): 45 Calories, 1 g protein, 3 g fat, 2 g carbohydrate. % Daily Value (DV): source of iron (5% DV), 5% DV sodium





BEEF AND BROCCOLI RIGATONI

Who doesn't need another speedy after-work dinner idea? Beat the clock with this hearty pasta dish that can be on the table in just about 20 minutes. If you don't have any leftover roast beef, use cooked, drained ground beef instead.

4 cups (1 L) rigatoni pasta
 2 cups (500 mL) coarsely chopped broccoli florets
 2 tbsp (30 mL) extra-virgin olive oil
 1 onion, chopped
 3 cloves garlic, minced
 1/4 tsp (1 mL) EACH salt and hot pepper flakes
 2 tbsp (30 mL) all-purpose flour
 2 cups (500 mL) **Heinz® Tomato Juice**
 2 cups (500 mL) **slivered cooked roast beef**
 2 green onions, thinly sliced
 1 cup (250 mL) shredded Cheddar cheese

1. Cook pasta in boiling salted water for 6 minutes.

2. Add broccoli; cook until pasta and broccoli are tender, about 4 minutes. Drain.

3. Meanwhile, in deep skillet, heat oil over medium-high heat; add onion, garlic, salt and hot pepper flakes; cook until softened, about 3 minutes. Stir in flour, cook, stirring constantly, for 1 minute. Whisk in tomato juice; bring to boil. Reduce heat and simmer, stirring occasionally, until thickened, about 4 minutes.

4. Stir in beef, pasta mixture and green onions; cook to heat through, about 3 minutes. Toss with cheese.
Makes 8 servings.

Per Serving: 318 Calories, 21 g protein, 12 g fat, 31 g carbohydrate. % Daily Value (DV): good source of iron (23% DV) and excellent source of zinc (44% DV), 20% DV sodium



For more great Heinz® Tomato Juice recipes, visit heinzitup.com



Second helpings...

Leftover roast beef doesn't have to mean more of the same. Here, it makes a simple second supper that's totally different from the first.

