

Beyond the basics

Here are simple recipes and tips to get the most out of roast beef.

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).*

Garlic-Studded Roast Beef

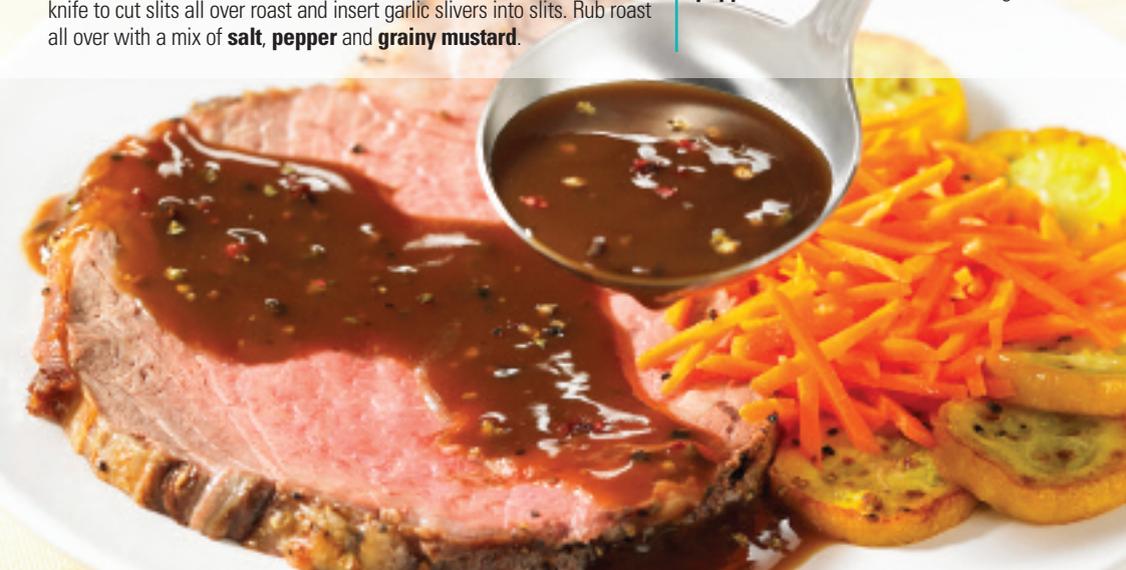
Before cooking the roast, cut 3 to 4 **garlic cloves** into slivers. Use sharp knife to cut slits all over roast and insert garlic slivers into slits. Rub roast all over with a mix of **salt, pepper** and **grainy mustard**.

Espresso Rub

Combine 1 tbsp (15 mL) **EACH** packed **brown sugar** and finely ground **regular** or **espresso coffee** and 1 tsp (5 mL) **EACH** **salt** and **pepper**; rub over roast before cooking.

Horseradish Rub

Combine 1 tbsp (15 mL) **EACH** **horseradish** and **grainy Dijon mustard** with 1 tsp (5 mL) **EACH** chopped **garlic** and **cracked black pepper**; rub over roast before cooking.



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Roast Beef Cooking Lessons

Perfect Oven Roast



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Fabulous, fuss-free Oven Roast Beef



Oven roasts and Premium Oven Roasts can both put on a good show – the secret is roasting and carving them right.

Oven Roasts: Cut from the hip, these boneless roasts tend to be a leaner and more frugal option than the Premium Oven Roasts. **Look for:** Eye of Round, Inside Round, Outside Round and Sirloin Tip.

Premium Oven Roasts: Cut from the sirloin, loin and rib, these ever-tender roasts are more of a splurge. **Look for:** Prime Rib, Rib, Rib-Eye, Strip Loin, Tenderloin and Top Sirloin.

Looking for lean? There are lots of lean choices in Oven Roasts. Look for Round Roasts (all of them) and also those with the word "loin" in their name.



Roasting right

No matter what roast you're cooking, low and slow's the way to go. For the most tender, juicy Oven Roast, use our tried, tested and true two-temperature roasting method (next page).

Step by step to perfect roast beef

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.

-  **Season** roast and place in shallow roasting pan **without** water and lid. Insert oven-safe thermometer into centre of roast, avoiding fat or bone.
-  ***Oven-sear** by placing uncovered roast in preheated 450°F (230°C) oven for 10 minutes (OR on stove-top, brown roast all over in a bit of oil in deep fry pan).
-  **Reduce** heat to 275°F (140°C) and roast to desired doneness, removing from oven when 5°F (3°C) below finished temperature.
-  **Remove** from oven, cover loosely with foil and let rest at least 15 minutes.

AVERAGE COOK TIMES (HOURS)

Weight (kg)	Medium-Rare 145°F (63°C)	Medium to Well-Done 160°F (71°C) or greater	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 approximately 15% longer cook time.

Step by step to carving Prime Rib



- Piercing** meat with fork, tilt roast so that bones are vertical.
- With carving knife, **cut parallel** to bone, removing the large chunk of meat.
- Set** roast cut side down; carve across the grain into slices. Cut between bones to separate them for serving.

Clever Carving

- Let cooked roast rest for easiest carving and juiciest beef.
- A good knife is key. Use a sharp broad blade with a rounded tip (serrated knives will shred rather than slice). Keep carving knives sharp, by using a steel or sharpener to hone before each use.
- You can set cutting board into rimmed baking sheet to collect juices.

- To simplify carving, at time of purchase, ask the butcher to cut meat from the bones and then tie them back on. After roasting, cut the twine and remove bones for carving.
- Use a gentle sawing action and a sharp carving 'knife to minimize loss of juices while carving.

Make simple Au Jus-style sauce

- Heat** roast drippings in roasting pan over medium-high heat, adding 2 cups (500 mL) broth.
- Stir up** any browned bits from bottom of pan. Thicken by cooking until broth reduces.
- Strain** and skim off fat; return to pan. Heat and season to taste. Add splash of whipping cream and/or balsamic or wine vinegar if desired.