



COOKING

&

KITCHEN TIPS

BEEF ROASTING/ COOKING TIPS

The following roasting method works best for beef cuts that weigh about 2½ pounds. Adjustments in the roasting time will have to be made if using a smaller or larger piece of meat. A top sirloin butt roast, a tri-tip roast, or a top quality bottom round roast are good choices when using the following steps

Preheat the oven to 450°F. Remove the beef roast from the refrigerator and season the meat as desired. The meat may also be marinated for several hours before it is roasted.

Place the beef on a rack in a shallow roasting pan with the fat side up. Do not cover the roast or add any liquid (liquid is used for braising and not roasting).

Allow the beef to roast at 450°F for 45 minutes and then begin checking the internal temperature of the meat with a meat thermometer. Continue roasting the meat until the internal temperature has reached 5 or 10 degrees below the desired doneness.

Generally, the roasting time may range from 15 to 30 minutes per pound.

Remove the roast from the oven and place aluminum foil loosely over the meat to hold in the heat. Let the roast stand for 15 minutes. The temperature will continue to rise 5 or 10 degrees, reaching the proper doneness. The resting period will allow the juices to settle in the roast making it more tender and easier to carve.

A beef roast cooked to medium rare should have an internal temperature of 145°F - 150°F after the resting period and a roast cooked to medium should have an internal temperature of 150°F to 165°F.

