

Roast Beef

What you'll need:

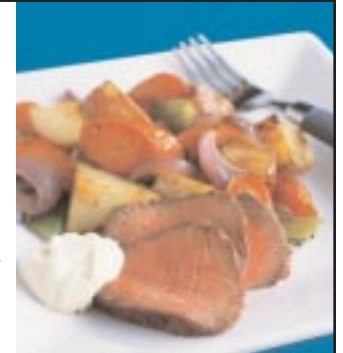
- Roasting is a dry-heat method of oven cooking. Use a low-sided pan, 2 inches larger than the meat you are roasting, fitted with a metal roasting rack to allow for air circulation.
- If a rack isn't available, you can roast the meat on a bed of coarsely chopped vegetables (carrots, celery, onions) to keep it from stewing in its own juices.
- You'll also need an ovenproof meat thermometer, a large cutting board and some aluminum foil.

How to prepare:

- Trim excess fat, if desired, or tie the roast, depending on the cut. (Your butcher can both trim and tie the roast for you.) It is important to roast the meat fat-side up.
- Rub your roast as desired with garlic or other herbs.
- Insert the ovenproof meat thermometer into the thickest part of the meat, making sure it isn't touching a bone, resting in fat or piercing the underside.

When it's done:

- For a medium-rare roast, the final internal temperature should be 145°F, 160°F for medium and 170°F for well done.
- Remove roast from the oven when thermometer registers 5-10°F below desired final internal temperature.
- Always let a roast stand (rest) on a cutting board, loosely covered (tented) with aluminum foil, for about 10 to 20 minutes (depending on roast size) before carving. Resting allows the roast to reach its desired final internal temperature and allows the juices to redistribute evenly throughout the meat, making it easier to carve.



Simple Steps for a Great Roast

New Beef Quick Roasts are cut to weigh 1 lb. (500 g) or less and cook to medium in less than an hour. They are available in many cuts including sirloin tip, eye of round, outside round, inside round, bottom sirloin, rib-eye and strip loin. To make a sirloin tip quick roast follow these directions:



- 1 PREHEAT** oven to 350°F; season the roast.
- 2 INSERT** ovenproof meat thermometer lengthwise into the centre of the roast so the shaft is not visible. Place roast on rack in a small, shallow roasting pan or ovenproof frying pan.



- 3 COOK** roast, uncovered, 50-60 min. or until thermometer reads 155°F for medium.



- 4 REMOVE** roast and place on cutting board; tent with aluminum foil 5 min. to allow temperature to rise 5°F. Slice thinly and serve with one of the horseradish sauces.

Easy Horseradish Mustard Sauce

In a bowl, combine 1 cup sour cream, 1/4 cup prepared, drained horseradish and 1/4 cup Dijon mustard. Season with salt and pepper to taste. Makes about 12 (2-Tbsp.) servings.

Traditional Horseradish Sauce

In a bowl, combine 1/3 cup heavy cream, whipped, with 1/4 cup Kraft Mayonnaise, 1/4 cup prepared, drained horseradish and 2 tsp. Worcestershire sauce. Season with salt and a drop or two of hot pepper sauce, if desired. Makes about 8 (2-Tbsp.) servings.

