



100% Grass Fed Beef and Natural Vegetables
Yoder, WY
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No-Fail Oven Roast

The approach depends on the roast:

- Rib Roasts and Tenderloin Roasts: go to “Premium Roasts”, below.
- Sirloin Tip, Rump, Tri-Tip: go to “Basic Oven Pot Roasts”, below.
- Chuck roast and brisket: longer, moist cooking method utilized in the *No-Fail Pot Roast* recipe.

Check out our suggestions for left-overs, below.

Premium Roasts

Roasts recommended for this recipe include the very high quality tenderloin and rib roast (prime rib).

For best results, use an oven-proof meat thermometer. A premium roast should never be over-cooked, and a meat thermometer is the best way to tell when the roast is finished.

The secret to a great oven-roasted premium grassfed beef roast is the 4-step process:

1. Flavor step. Rub your favorite blend of savory herbs, salt and pepper, all over the roast.
2. Initial roasting at high heat to brown and seal the surface,
3. Finish at low heat to gently warm and cook the interior,
4. Rest the roast BEFORE carving into slices to allow juices to settle within the meat fibers.

Be sure to follow temperature directions carefully, and never rush the rest period.

The Recipe

Meadow Maid® Foods grassfed beef roast:

tenderloin roast, rib roast, tri tip

1-2 Tbsp. good quality olive oil

1/2 tsp. thyme (optional)

1/2 tsp. rosemary (optional)

mashed clove of garlic (optional)

fresh ground black pepper

salt

Preheat oven to 425 degrees.

Combine olive oil, herbs, garlic, salt and pepper. Rub oil mixture all over roast. Place roast in a heavy roasting pan. Insert meat thermometer so that the tip of the thermometer is in the center of roast, and not touching any bones (if there are any bones).

Place roasting pan in pre-heated oven.

If roast is less than 3 pounds: roast meat at 425 degrees for 20 minutes.

If the roast is 3 pounds or larger: roast at 425 degrees for 30 minutes.

(If a roast is very small - 1.5 pounds - it may be finished now - check the meat thermometer.)

Without opening oven, reduce heat to 300 degrees. Continue cooking until the meat thermometer reads the desired temperature, about 145 degrees for medium, or 140 degrees for medium rare. Be aware that the internal temperature of the meat will rise slightly - about 5 degrees - after the roast is removed from the oven. Do not overcook the roast. It takes about an hour at 300 degrees for a 4 pound roast to finish to medium, 40 minutes for a 2.5 pound roast.

When the desired temperature is reached, remove the roast from the oven, cover loosely, and allow to rest for 10-15 minutes while finishing the rest of dinner. Carve into slices after the rest period, and serve with plenty of horseradish!

Basic Oven Pot Roasts

This is a good recipe for making a classic sliced roast beef in the oven, utilizing moist, low heat. Optional: add vegetables, and/or use the pan drippings to make gravy or a wine reduction sauce at the end.

Rub the roast all over with a mixture of herbs and cracked black pepper.

Heat a small amount of tallow or oil to medium-high a Dutch Oven or other deep stove-and oven-proof pan. Sear the roast on all sides until nicely brown. Add one cup of red wine or broth to pan. Insert a meat thermometer into the thickest part of the roast.

Optional: add potatoes and other vegetables to pan.

Cover tightly and place in the oven at 225°. Cook to 5° below desired temperature (130° to 145°), typically 5-7 hours.

Remove pan from oven. Place roast on a cutting board or plate. Loosely cover and allow to rest for 10 - 15 minutes. Optionally, use pan juices to make gravy or sauce while roast is resting. Slice roast and serve.

Leftover Roast is a GREAT starting point for other recipes:

Roast Beef Sandwiches, cold or hot

Beef Tacos, Burritos, or Enchiladas

Barbequed Beef - gently heat BBQ sauce and roast beef together

Beef Vegetable Soup

Thai Beef Salad

and Much More!

“Steak Sandwiches”: Sauté sliced onions and mushrooms in a large pan. When vegetables are ready, add sliced roast beef to pan. Cook and stir just until beef is warm. Spoon beef and vegetables onto open-face sandwich rolls. Top with provolone cheese and broil or microwave just until cheese melts. Quick and delicious!