



Greenmarket Recipe Series

Classic Roast Beef

By Mike Underwood of Sun Fed Beef and Pork

Serves 4-6 | Prep Time: 20 minutes | Total: 1.5 hours

This simple yet deeply satisfying roast recipe, comes together within an hour and a half and is great for guests or a cold winter night spent in. The utility of a round roast is twofold: they are an economic way to feed a group or they can be eaten hot and saved for a few days of leftovers. In our book, nothing beats round for a cold roast beef sandwich with Consider Bardwell's Rupert and some good horseradish.

Ingredients:

- *2.5 - 3.5 lb Top Round, Eye Round, Bottom Round Roast

For Garlic Paste:

- *6 Tablespoons of Salted Butter
- *8 Cloves of Garlic
- *1 Sprig of Rosemary
- *10 Sprigs of Thyme

For Roasted Veg:

- *2 Beets
- *8 Shallots
- *8 Small Carrots
- *2 Parsnips

- *1 Medium Celery Root (Cleriac)
- *1 lb Fingerlings or Roasting Potatoes
- *1/4 Cup Leaf Lard, Beef Suet or Olive Oil

For Pan Sauce:

- *1.5 Cups Red Wine
- *1 Cup High-Gelatin Stock or Sun Fed Beef Bone Broth
- *1 Tablespoon Greenmarket Grains Bread Flour or Cornstarch

****Ingredients available seasonally at your neighborhood greenmarket***

Instructions:

1. Cover your roast with with salt and let defrost and cure for 1-3 days in the refrigerator. This curing will further tenderize your roast.
2. Preheat oven to 375 degrees.



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- 3. Clean and cut celeriac, beets and potatoes into coarse 1.5 inch obliques. Cut shallots, carrots and parsnips in half. Toss veg with fat or oil, season with salt and pepper. Place celeriac in the center of a sheet tray or skillet (your roast will perch atop) and scatter the remaining veg around.
4. With a mortar and pestle, added coarsely chopped garlic, thyme, rosemary, salt and pepper and mash into a paste. Add cold(ish) butter and incorporate garlic paste with pestle.
5. Give the roast a rub down with garlic paste, don't worry about getting it to stick yet, just make sure the paste has come into contact with every part of the roast. Flatten remaining garlic butter on a cutting board and drape over the roast. This doesn't need to be perfect, just make sure the top of the roast is liberally covered.
6. Place roast on top of the celeriac and place in the middle of the oven. Roast until a probe thermometer in the thickest part reads 120 degrees (about 45 minutes to an hour). Remove roast and rest, uncovered, on a cutting board while you make your pan sauce.
7. Remove veggies from sheet tray and scrape drippings into a sauce pan. Add butter if necessary for roughly a 1/4 cup of fat. Heat on medium high until crackling.
8. Add flour, stirring continuously for 2-3 minutes. Add wine, turn heat to high and continue stirring until the wine has reduce by half. Add broth and reduce by half. Season to taste with salt and pepper and hold on low heat until ready to serve
9. Slice the roast into 1/8" slices and arrange over roasted veggies. Serve with pan sauce and a simple salad of butter lettuce, olive oil and lemon.

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