

ROAST BEEF

So I have a family that loves Roast Beef... Like I could make this once a week and it would kill every time. This recipe works perfect from a roast for sandwiches to a Sunday Dinner. Either way, this one has been tested and called LEGIT!

Much Love Y'all!!

Ingredients

2-3 lbs Beef Roast (you can use anything really, but I tend to like the Chuck or Sirloin for this one as it's NOT a long cook)

2 tbsp Grapeseed Oil

4 cloves Garlic - fine grated

5-6 tsp fresh Thyme

1-2 tsp fresh Rosemary - chopped fine

A good Pinch of Salt and Pepper

1/2 cup Water

Let's Begin!

1. Start the oven to 450-500f (whatever you are comfortable with). While its heating, pat the roast dry with paper towel. In a bowl, combine all the other ingredients to make a sort of paste. Rub the roast with it. Be generous here.
2. Place roast on a rack inside of a roasting tin, or on a roasting tray. You want the heat to circulate around the roast while it cooks. Place in the oven and let it go for 15 min. This is your browning time. Trust the process.
3. Once that time is up, reduce the heat in the oven to 275f and roast for 1 hour. Try not to open the door. You want the temp to drop naturally.
4. After the Hour is up, use a thermometer to check the temp in the middle of the roast. You are looking for roughly 135f for a Medium Rare finish. Pull from the oven and rest the roast on a cutting board with a couple pieces of foil wrapping it to tent it and allow it to finish cooking and let the juices come back into the roast. This is key!
5. Remove the foil and slice as thick or thin as you wish!
6. You can save the drippings if you wish to create a gravy or a jus...

Enjoy!!