

TIPS AND TECHNIQUES FOR HOLIDAY ROASTING

WHICH ROAST?

Ribeye, rib and tenderloin are popular roast choices at holiday time. However the leaner cuts – round (sirloin) tip, eye round and tri-tip – are also delicious, more economical choices.

HOW MUCH TO BUY?

- Lean boneless roasts such as tenderloin and round (sirloin) tip will yield 4 (3-ounce) servings of cooked, trimmed beef per pound.
- Ribeye roasts will yield 3 (3-ounce) servings of cooked, trimmed beef per pound.
- Bone-in rib roasts will yield 2¹/₂ (3-ounce) servings of cooked, trimmed beef per pound.

SHOP SMART.

- Choose meat last when shopping to ensure that beef stays as cold as possible.
- Beef should have a bright cherry-red color, without any grayish or brown blotches. A darker purplish-red color is typical of vacuum-packaged beef. Once exposed to oxygen, beef will turn from a darker red to bright red.
- Order roasts in advance if necessary to ensure availability.

STORE PROPERLY.

- Refrigerate or freeze beef roasts as soon as possible after purchasing. Roasts wrapped in transparent film can be refrigerated (35°F to 40°F) 3 to 4 days (or frozen up to 2 weeks at 0°F or colder) without rewrapping.
- Defrost frozen roasts in the refrigerator to prevent bacterial growth. Allow 4 to 7 hours per pound to defrost a large roast; 3 to 5 hours per pound for a small roast. Do not defrost at room temperature.

LET IT STAND!

- After removing roast from the oven, let it stand, tented with aluminum foil for about 15 to 20 minutes. During standing, the meat firms up making carving easier, and the temperature will rise to reach the desired internal temperature.

CARVE CORRECTLY.

- A sharp carving knife is a must.
- For uniform slices, hold the knife at the same angle for each cut.
- The more tender the roast, the thicker the slices can be.
- Rib, ribeye and tenderloin roasts can be sliced ½ to ¾ inch thick or thicker.
- Round (sirloin) tip, eye round and tri-tip should be no more than ¼ inch thick.

KEEP IT SAFE.

- Wash hands with hot soapy water before and after handling raw beef. Also wash utensils, counters, cutting boards and other surfaces raw meat has touched.
- Don't place cooked foods on the same board, tray or platter that held raw meat. For example, do not carve a cooked roast on the same board used in preparing the raw roast.

Beef Favorite

Holiday Roasts



Beef roasts are at their best simply seasoned with a flavorful rub, then roasted to perfection.

To prepare rubs, combine ingredients in small bowl. Stir to mix well. Each rub will season a 6 to 8 pound roast.

Apply the rub to the outside surface of the beef, then put it into the oven and roast according to the chart provided. For convenience, rubs can be applied several hours in advance — just refrigerate the roast, covered, until it's time to cook.

Savory Rub *(pictured)*

4 teaspoons garlic powder
1 tablespoon sweet paprika
1 teaspoon pepper
¾ teaspoon salt

Mustard-Pepper Rub

¼ cup chopped fresh parsley
2 tablespoons Dijon-style mustard
1 tablespoon mixed black, white, green and pink peppercorns or black peppercorns, cracked
2 teaspoons minced garlic
1 teaspoon salt

Lemon-Thyme Rub

3 tablespoons chopped fresh thyme
2 tablespoons minced garlic
1 tablespoon freshly grated lemon peel
1 tablespoon olive oil
2 teaspoons coarse grind black pepper
1 teaspoon salt

Espresso Rub

1 tablespoon ground espresso beans
1 tablespoon packed brown sugar
1 teaspoon salt
1 teaspoon coarse grind black pepper



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GUIDE TO PERFECT ROASTING

1 Heat oven to temperature specified in chart.

2 Place roast (straight from refrigerator), fat side up, on rack in shallow roasting pan. Season roast, as desired. Insert ovenproof meat thermometer so tip is centered in thickest part of roast, not resting in fat or touching bone. Do not add water. Do not cover (unless specified in chart).

3 Roast according to chart. Transfer roast to carving board; tent loosely with aluminum foil. Let roast stand 15 to 20 minutes. (Temperature will continue to rise 5° to 10°F to reach desired doneness and roast will be easier to carve.)

PERFECT ROAST

BEEF ROASTING TIMETABLE

Beef Cut	Oven Temperature (preheated)	Weight (pounds)	Approx. Total Cooking Time (based on meat removed directly from refrigerator)	Remove roast from oven when internal temperature reaches:
RIBEYE ROAST, small end <small>* Tent loosely with aluminum foil half way through roasting time.</small>	350°F	3 to 4	Medium Rare: 1-1/2 to 1-3/4 hours Medium: 1-3/4 to 2 hours	135°F 150°F
		4 to 6	Medium Rare: 1-3/4 to 2 hours Medium: 2 to 2-1/2 hours	135°F 150°F
		6 to 8	Medium Rare: 2 to 2-1/4 hours Medium: 2-1/2 to 2-3/4 hours	135°F 150°F
	325°F	8* to 10*	Medium Rare: 2-1/2 to 3-1/4 hours Medium: 3 to 3-3/4 hours	135°F 145°F
RIBEYE ROAST, large end	350°F	3 to 4	Medium Rare: 1-3/4 to 2-1/4 hours Medium: 2 to 2-1/2 hours	135°F 150°F
		4 to 6	Medium Rare: 2 to 2-1/2 hours Medium: 2-1/2 to 3 hours	135°F 150°F
		6 to 8	Medium Rare: 2-1/4 to 2-1/2 hours Medium: 2-3/4 to 3 hours	135°F 150°F
RIB ROAST, chine bone removed	350°F	4 to 6 (2 ribs)	Medium Rare: 1-3/4 to 2-1/4 hours Medium: 2-1/4 to 2-3/4 hours	135°F 150°F
		6 to 8 (2 to 4 ribs)	Medium Rare: 2-1/4 to 2-1/2 hours Medium: 2-3/4 to 3 hours	135°F 150°F
		8 to 10 (4 to 5 ribs)	Medium Rare: 2-1/2 to 3 hours Medium: 3 to 3-1/2 hours	135°F 150°F
TENDERLOIN ROAST, well-trimmed	425°F	2 to 3 (center-cut)	Medium Rare: 35 to 40 minutes Medium: 45 to 50 minutes	135°F 150°F
		4 to 5 (whole)	Medium Rare: 50 to 60 minutes Medium: 60 to 70 minutes	135°F 150°F
ROUND (SIRLOIN) TIP ROAST <small>* Tent loosely with aluminum foil half way through roasting time.</small>	325°F	3 to 4	Medium Rare: 1-3/4 to 2 hours Medium: 2-1/4 to 2-1/2 hours	140°F 155°F
		4 to 6	Medium Rare: 2 to 2-1/2 hours Medium: 2-1/2 to 3 hours	140°F 155°F
		6 to 8	Medium Rare: 2-1/2 to 3 hours Medium: 3 to 3-1/2 hours	140°F 155°F
		8* to 10*	Medium Rare: 3 to 3-3/4 hours Medium: 3-3/4 to 4-1/2 hours	135°F 150°F
EYE ROUND ROAST	325°F	2 to 3	Medium Rare: 1-1/2 to 1-3/4 hours	135°F
TRI-TIP ROAST	425°F	1-1/2 to 2	Medium Rare: 30 to 40 minutes Medium: 40 to 45 minutes	135°F 150°F

Medium rare doneness = 145°F final internal temperature after standing time. • Medium doneness = 160°F final internal temperature after standing time.