

Cooking the Perfect Oven Roast



- Getting Ready
- **Start with** an Oven Roast, labelled Premium Oven Roast or Oven Roast.
Choose Canada AAA, AA or Prime for the best in beef. Allow 4 servings/lb (500 g) for a boneless roast or 3 servings/lb (500 g) for a bone-in (based on Canada's Food Guide serving sizes).
 - **Use** a shallow roasting pan with rack.

Oven Roasts include:

- Tenderloin, Rib Eye, Prime Rib, Strip Loin, Rib, Top Sirloin (most tender)
- Sirloin-tip, Tri-tip, Rump (moderately tender)
- Inside Round, Outside Round, Eye of Round (least tender)



Season; insert thermometer

Pat roast dry; rub all over with seasonings such as salt and pepper. Other options: rub with grainy mustard, Worcestershire sauce and chopped garlic, fresh rosemary and thyme.

You can also cut small slits all over roast and insert slivers of 3 to 4 cloves garlic into the slits.

Place fat side up on rack in shallow pan.

Insert oven-safe thermometer into meat so that thermometer tip reaches centre of roast avoiding fat or bone.

For that browning you love in restaurant-style roast beef, be sure to skip the lid and use dry-heat oven roasting. Don't cover the roast or add water to the pan.



To best judge meat doneness, use a food thermometer to measure meat's internal temperature.



Oven-sear, roast and let stand

Oven-sear by placing roast in preheated 450°F (230°C) oven for 10 minutes.

Reduce heat to 275°F (140°C). Cook to desired doneness, removing from oven when 5°F (3°C) below finished temperature. (Prime Rib with bone will take an extra 30 to 45 minutes. Tenderloin will take 30 to 60 minutes less.)

Cover and let stand for at least 15 minutes. Roasts can stand 20 to 30 minutes before carving into thin slices.

Estimated Cook Time (hours)			
Weight (kg)	Medium-Rare 145°F (63°C)	Medium to Well-Done 160°F (71°C) or +	Weight (lb)
1	1-3/4 to 2-1/4	2 to 2-1/2	2
1.5	2 to 2-1/2	2-1/4 to 2-3/4	3
2	2-1/4 to 2-3/4	2-1/2 to 3	4
2.5	2-1/2 to 3	2-3/4 to 3-1/4	5.5

Cook Times are guidelines only and vary with ovens, roast shape and type. Roasts may be done up to 30 minutes sooner or later than estimated times