



## You can't beat a beef roast for juiciness

In this issue of Entice magazine, see how simple it is to cook the most succulent and flavoursome beef roast...every time!

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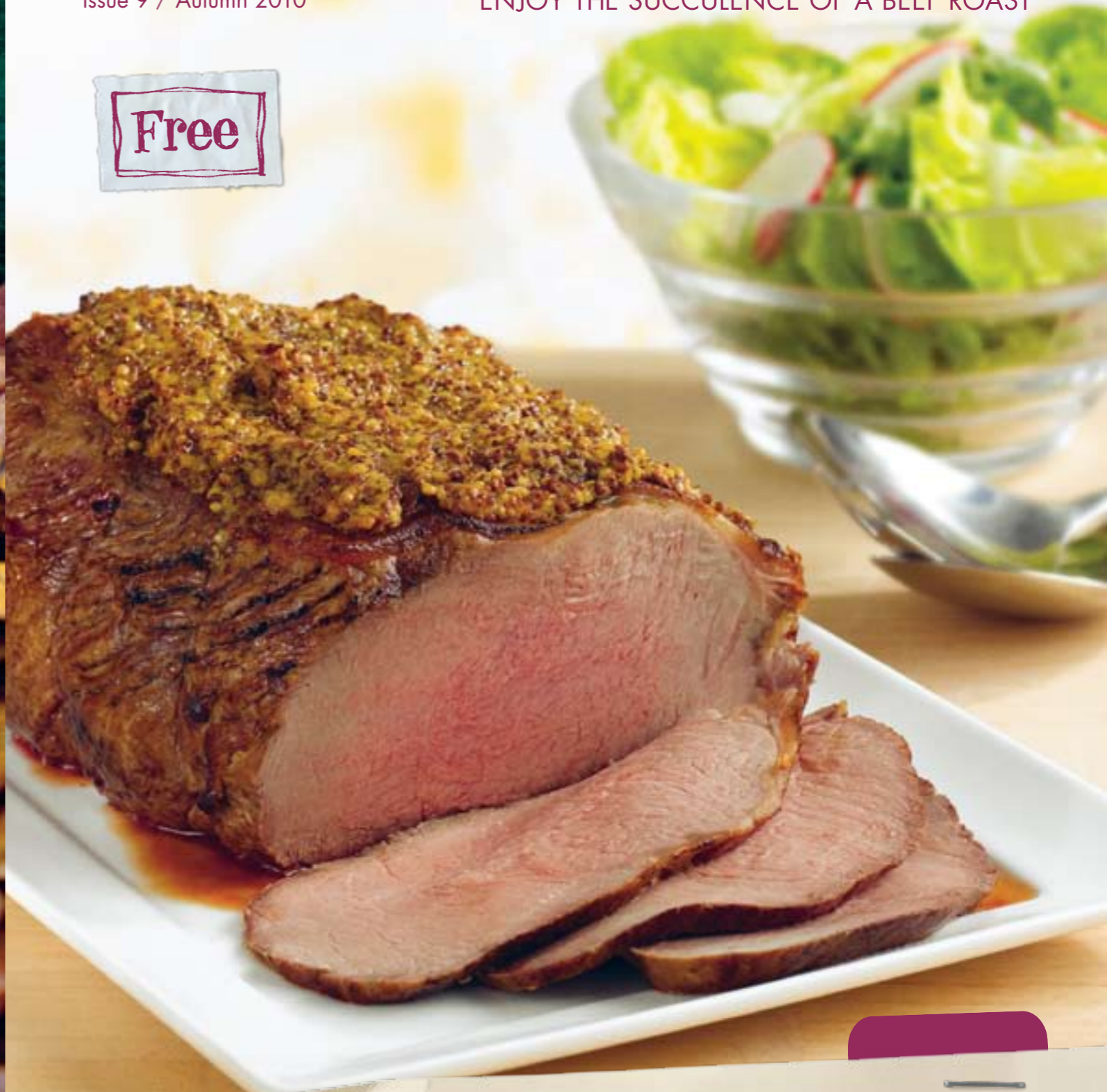
**beef roast** get into it



# ENTICE

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ENJOY THE SUCCULENCE OF A BEEF ROAST



Cook the juiciest beef roast

## Nothing beats the juiciness of a beef roast

A beef roast is guaranteed to please everyone. Succulent and flavoursome, it's a winner. The practical information and handy tips in this issue of Entice show you how easy it is to enjoy a deliciously juicy beef roast anytime (not just for a special occasion).

If you're not sure which cut to choose, we give you some ideas about the options (just look to your right). Uncertain if it is ready or not? Check out page 6 to find out how to tell when your beef roast is cooked just the way you like it. Nervous about carving? Don't be, the only thing you really need is a sharp knife.

What we'd really like you to know is that it's not difficult to cook a mouth-watering beef roast, all you need to do is follow a few easy steps. It doesn't take long to prepare, but it does take a little time to cook. However you'll find that once it's in the oven it pretty well takes care of itself, giving you time to get on with other things, or to just enjoy some time to yourself.



### Sized for every occasion

A beef roast fits the bill for every occasion, from a big 'family and friends get-together', to a weeknight dinner with just Mum, Dad and the kids.

There are lots of beef roast choices and price options too. Butchers and meat retailers now offer smaller everyday size roasts, so you don't need to wait for a special occasion to enjoy the juicy succulence of roasted beef. With larger beef roasts there'll be enough for today and some for yummy sandwiches and salads tomorrow.



## Get to know the different beef roast cuts



**Bolar blade roasts** are economical and have good beef flavour.

The **eye fillet/tenderloin** is a very tender beef roast. It's mild in flavour and deliciously juicy.

**Eye round/girello** is a good everyday beef roast.

**Rib eye/scotch fillet** is one of the juiciest beef roasts. It's tender and tasty.

**Rump roasts** tick all the boxes.

You'll find them succulent and rich in flavour.

**Sirloin/porterhouse roasts** are big on beefy flavour and rich in texture. They're very juicy too.

A **standing rib roast** is an impressive beef roast. It's very tender, as well as very flavoursome. A **topside roast** is a great value beef roast. Perfect for salads and sandwiches.

**\* You may find bolar blade, eye round/girello and topside less succulent than other beef roasts. For the juiciest results, cook to medium or slow roast them (see page 5) and slice thinly to serve.**

# Making the juiciest beef roast

## 1. Roast from room temperature

If you have the time, take the beef roast from the fridge about 20 minutes before cooking. This ensures the meat cooks evenly.

## 2. Pre-browning (if needed) and seasoning

Beef roasts that are cooked at 130°C or 160°C benefit from pre-browning before roasting (see chart to your right). Eye fillet/tenderloin and rib eye/scotch fillet are best pre-browned too. Lightly oil the roast and sear it over a moderately-high heat for 2-3 minutes on all sides so it's evenly browned. Season it after browning.

For other cuts that don't need pre-browning, pat the beef roast dry with kitchen paper so the meat will absorb the seasoning better. Rub it lightly with oil and then rub the seasoning into the beef. Use sea salt flakes and pepper or try one of our flavoursome rubs (see page 8).



## 4. Preheat the oven to suit your beef cut

Different beef roasts require different cooking temperatures. Roast your cut of beef at the recommended temperature below and use the weight of the roast as a guide for how long to cook it for. For example, cook a 1.5kg rump roast for 1 hour and 15 minutes at 200°C for medium.

beef roast cut	temp	rare	medium	well done
eye fillet/tenderloin, rib eye/scotch fillet, rump, sirloin/porterhouse, standing rib roast	200°C	20min per 500g	25min per 500g	30min per 500g
bolar blade, eye round/girello, topside	160°C	25min per 500g	30min per 500g	35min per 500g

Cook for the calculated time and baste the roast with pan juices or a little stock occasionally as it cooks.

★ **If you have time, bolar blade, eye round/girello and topside are juicier when slow roasted at 130°C for about 50 minutes per 500g (for medium).**



## 3. Size up your roasting dish

Choose a roasting dish about same size as your beef roast.

If the roasting dish is a lot bigger than the beef itself, the juices will burn over the large surface area, leaving no pan juices for gravy.

Placing the beef roast on a rack in the roasting dish helps it brown more evenly. To keep the beef roast moist, add a little water, about ½ cup (too much will create too much steam) to the roasting dish and top it up as it cooks.

### Tips

- If the beef has come straight from the fridge just before going into the oven, add an extra 3 minutes cooking time per 500g.
- **Important: Rest the beef for 10-20 minutes after cooking. See the next page for more details.**

Sirloin/porterhouse roast seasoned with peppercorns and roasted with garlic

## Getting it just right. Is it done?

Baffled by how to tell when your beef roast is done? Well there are two simple ways to decide if it's ready.

### Test for doneness with tongs

You can estimate using weight and timing (see our guide on page 5) and test for doneness with tongs. Gently prod or squeeze the roast – rare is very soft, medium rare is soft, medium is springy but soft, medium well is firm and well done is very firm. It's best to test it just before the estimated cooking time is up (so you don't overcook it).

### Spot-on doneness with a meat thermometer

You can also use the roast's internal temperature as a measure of doneness with a meat thermometer. The varying size, shape and thickness of a beef roast can sometimes make it difficult to judge when it's ready to your liking. That's why using a meat thermometer is the easiest and most accurate way to tell if your beef roast is ready.

See the table to the right for the different internal temperatures for each degree of doneness.

internal temperature	doneness
55°C - 60°C	rare
65°C - 70°C	medium
75°C	well done

### Meat thermometers

All styles of meat thermometers measure the internal core temperature of the meat. Ovenproof leave-in style thermometers are inserted into the thickest part of the roast and remain in it while it cooks. These inexpensive meat thermometers do a great job (they're available from supermarkets and kitchenware shops). The other options are the pricier instant-read and digital probe thermometers. Read about them at [enticemagazine.com.au](http://enticemagazine.com.au)

**\* Once the beef reaches your preferred doneness, take it from the oven and let it rest (see below).**

## \* Rest & relax \*

**Don't forget the most important step, rest the roast before carving.**

Resting the roast for 10-20 minutes before carving gives the juices in the meat a chance to redistribute, giving a juicier and more tender result (and gives you time to make gravy or complete the meal). Loosely cover it with foil and let it stand in a warm place.

Instead of using up a lot of foil you can use a large overturned stainless steel bowl to cover the roast. It needs to be larger than the plate the roast rests on.



## Gravy with a lot less work

While the beef roast rests make use of the pan juices by placing the roasting dish on the cooktop over a moderately-high heat. Add stock or wine. Boil until reduced to a sauce-like consistency, adding juices from the rested roast. Deepen the flavours with a little butter if you like.

Delicious roast rump and pan gravy served with garlic potatoes and beans

## Extra flavour with very little effort

These flavoursome rubs are all especially good for beef. Some are dry, others a combination of wet and dry ingredients. Quantities of each ingredient can vary, make it up to suit your taste. You'll need about ¼ cup of rub mixture for a 1kg beef roast.

Rub the roast lightly with oil then gently massage the rub all over the beef so it can stick to the meat. It can be rubbed into the beef roast just before cooking.

### Rub ideas

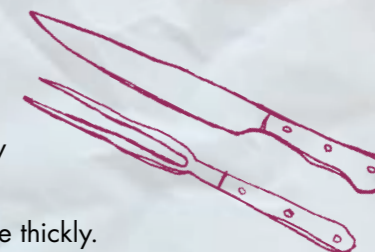
- Crushed black or green peppercorns (or a mix of both) and a little ground cumin or ground coriander
- Crushed garlic cloves, grated orange rind and chopped sage leaves
- Chopped fresh thyme, oregano and bay leaves (pictured)
- Dijon mustard and dried mixed herbs
- Crushed green peppercorns, crushed garlic and oregano
- Seeded mustard, grated orange rind and a little honey



## Carving

Carving needn't be stressful, with a sharp, long-bladed knife and a well-rested roast it's simple. If you have a carving fork use it to steady the roast, rather than pierce the roast with it. Most beef roasts are best sliced thinly, some like rib eye/scotch fillet (below) are good sliced more thickly.

Transfer the beef to a warm serving platter or directly onto warm dinner plates and spoon pan juices over the top. For more carving tips and step-by-step carving advice, visit [enticemagazine.com.au](http://enticemagazine.com.au)



### Tie in some added flavour

Tying a beef roast also gives you the chance to tuck in some extra flavour. Slide in some fresh oregano and thyme sprigs or a few fresh bay leaves or sage leaves under the string. Then season the beef roast with salt and pepper.

Most beef roasts don't need to be tied, but some cuts like rib eye/scotch fillet and eye fillet/tenderloin benefit from it. Tying it gives the roast a compact shape, which helps it cook evenly and slice easily. Ask your butcher or meat retailer to tie the beef roast for you, or visit [enticemagazine.com.au](http://enticemagazine.com.au) to see how it's done.

Roasted rib eye/scotch fillet seasoned with thyme, oregano and bay leaves



## The hooded barbecue beef roast

In the warmer months you can take the heat out of the kitchen and cook your beef roast in a covered barbecue. Best news is, it's really easy to do.

Cooking a beef roast in a covered barbecue is just a little different to the way you'd cook it in your oven. You prepare the beef in just the same way, but you cook it by using what is technically called 'indirect cooking'. Indirect cooking simply means there is no heat directly under the meat as it cooks (so it cooks more like an oven rather than a barbecue).

The beef roast is placed in the centre of the preheated hooded barbecue and the heat directly under it is turned off. The remaining burners are left on to conduct and circulate the heat around the roast. The barbecue lid is closed. You then cook your beef as you would in your regular oven. It's that easy, the trick is not to open the barbecue too many times as it cooks or you'll lose too much heat.

Visit [enticemagazine.com.au](http://enticemagazine.com.au) to learn about roasting in a kettle barbecue using heat beads.

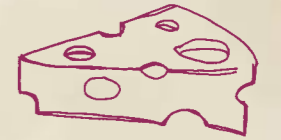
## Next-day ideas...

### Who doesn't love a roast beef sandwich?

There are no rules when it comes to making sandwiches, but here's a tip that's especially useful for roast beef sambos. Spreads or condiments should be spread on both sides of the bread to stop it from becoming soggy. Also don't overdo it with accompaniments, make your juicy leftover roast beef the hero.

Start out with fresh bread, wraps or crunchy rolls, finely sliced roast beef and add:

- Mustard, tomato and lettuce
- Tomato, cucumber and relish  
(try spicy tomato, capsicum or beetroot)
- Cheddar cheese and mango chutney
- Cream cheese, chives, rocket and red onion



### Deliciously juicy roast beef salads

Salad greens and juicy roast beef combine for an almost instant meal. Use them as your starting point, add one of these flavourful combinations, then drizzle with a little salad dressing.

- Cherry tomatoes, feta, cucumber and basil leaves
- Sliced radish, orange segments and mint
- Asparagus and roasted capsicum
- Green beans, red onion and capers

For more great ideas on ways to enjoy leftover roast beef, visit [enticemagazine.com.au](http://enticemagazine.com.au)



Open roast beef sandwiches (using eye round/girello) with cream cheese, lettuce, tomato and seeded mustard