

OVEN/PREMIUM ROAST CONSUMER TIPS

Oven roasting is an easy-on-the-cook method. It requires a shallow roasting pan with a rack, a meat thermometer and very little attention. This open pan (dry heat) cooking method is perfect for thicker tender cuts of beef.



SMART SHOPPING WHICH CUTS?

To simplify, beef oven roasts can be put into two categories — **premium** and **family-priced**.

Premium Beef Roasts, from the rib or short loin, are most costly and are perfect for holidays, entertaining and other special occasions. They include **ribeye**, **rib** and **tenderloin** roasts.

Family-Priced Beef Roasts, from the round and bottom sirloin, are leaner and more economical. They are better suited for family fare, casual gatherings and the health-conscious. They include **eye round**, **round tip**, **round sirloin tip center**, **bottom round rump** and **tri-tip** roasts.

HOW MUCH TO BUY?

- Lean boneless beef roasts will yield 4 three-ounce servings of cooked, trimmed beef per pound.
- Beef ribeye roasts, which have more trimmable fat, will yield 3 three-ounce servings of cooked, trimmed beef per pound.
- Bone-in beef rib roasts will yield 2-1/2 three-ounce servings of cooked, trimmed beef per pound.

FOR HOLIDAYS AND SPECIAL OCCASIONS:

- **DON'T GET INTO A LAST-MINUTE BIND.** Order the type and size beef roast you need from your meat retailer ahead of time.
- **ANTICIPATE HOLIDAY APPETITES.** Plan on approximately 6 ounces of cooked, trimmed beef per person — double the standard everyday serving.
- **BANISH NEEDLESS STRESS WHEN ENTERTAINING.** Remember, boneless beef roasts are easiest to carve.



COOKING TIPS

GETTING READY:

- Preheat the oven. Use an oven thermometer to check that the temperature is correct.
- Season the roast before cooking with a flavorful herb rub applied to the surface, if desired.
- Place roast, fat side up, on a rack in a shallow open roasting pan. Beef rib roast does not require a rack; its curved bones serve as a natural rack.
- Do not add water and do not cover the pan.
- Insert an ovenproof meat thermometer so that the tip is centered in the thickest part of the roast, not resting in fat or touching bone.

COOKING THE ROAST:

- For juicy, tender, evenly cooked beef, most roasts are cooked at 325°F to 350°F. The exceptions are tenderloin and tri-tip roasts, which benefit from a hotter (425°F) oven.
- Cook roasts to at least medium rare (145°F) doneness, or if desired, medium (160°F) doneness.
- The most accurate way to determine doneness is with a thermometer. Cooking times provided in recipes are guides — useful for establishing a work plan and to help determine doneness.
- The internal temperature of a roast continues to rise after it is removed from the oven. Therefore, to achieve the desired doneness, remove the roast when the meat thermometer registers 5°F to 10°F below the desired doneness.
- Tent the roast loosely with aluminum foil. Let stand 15 to 20 minutes in a warm place to finish “cooking” and to allow the meat juices to firm up. The temperature will continue to rise 5°F to 10°F during standing.



THERMOMETER KNOW-HOW

- **OVENPROOF MEAT THERMOMETER** — This is the most convenient type for roasting. It is inserted at the start, and it remains in place throughout the cooking process.
- **INSTANT-READ THERMOMETER** — This is another accurate choice, but **it is not ovenproof**. It cannot be left in the roast during cooking. Use it to test the roast periodically, toward the end of the suggested roasting time.
- The instant-read thermometer registers the internal temperature in about 15 seconds. Its slim stem allows frequent testing without sacrificing flavorful meat juices. Check the stem for an indentation showing how deeply it must be inserted to get an accurate reading.

CARVING CUES

- Start with a **sharp** carving knife.
- Roasts become firmer, and easier to carve, when allowed to stand for 15 to 20 minutes.
- For uniform slices, hold the knife at the same angle for each cut.
- The more tender the roast, the thicker the slices may be. Beef tenderloin, rib and ribeye roasts can be cut 1/2 to 3/4 inch thick. Round and tri-tip roasts should be sliced no more than 1/4 inch thick.
- Carve tri-tip roasts across the grain.