

# I'm Dreaming of a Carved Beef Roast

## STEP 5: CARVING

### Q: How do I carve my roast like a pro?

A: Start with a sharp carving knife. For uniform slices, hold the knife at the same angle for each cut. Carve tender roasts into thick or thin slices and less tender roasts into thin, 1/4-inch thick slices.

Follow these steps to carve a rib roast:

1. Place the roast on its large end on the carving board. If necessary, remove one slice from the large end to create a flat surface for the roast to set firmly on the board.
2. Insert fork from the side, below the top rib.
3. Carve across the face of the roast toward the rib bone.
4. Cut along the rib bone with the tip of the carving knife to release the slice of beef.
5. Slide knife under beef slice; steady it from above with the fork; lift the slice onto your serving dish.



## Medium, the Red-Centered Beef Roast, Was a Very Tasty Slice

## STEP 6: CLEAN-UP

### Q: How do I thoroughly clean my cutting board after using it for raw meats?

A: To sanitize cutting boards, wash with hot soapy water and then wash again with a solution of 2 to 3 teaspoons household bleach diluted in 1 quart warm water. Rinse with clean, hot water.



We Wish You A  
Merry Beef Roast,  
& A Beefy New Year.

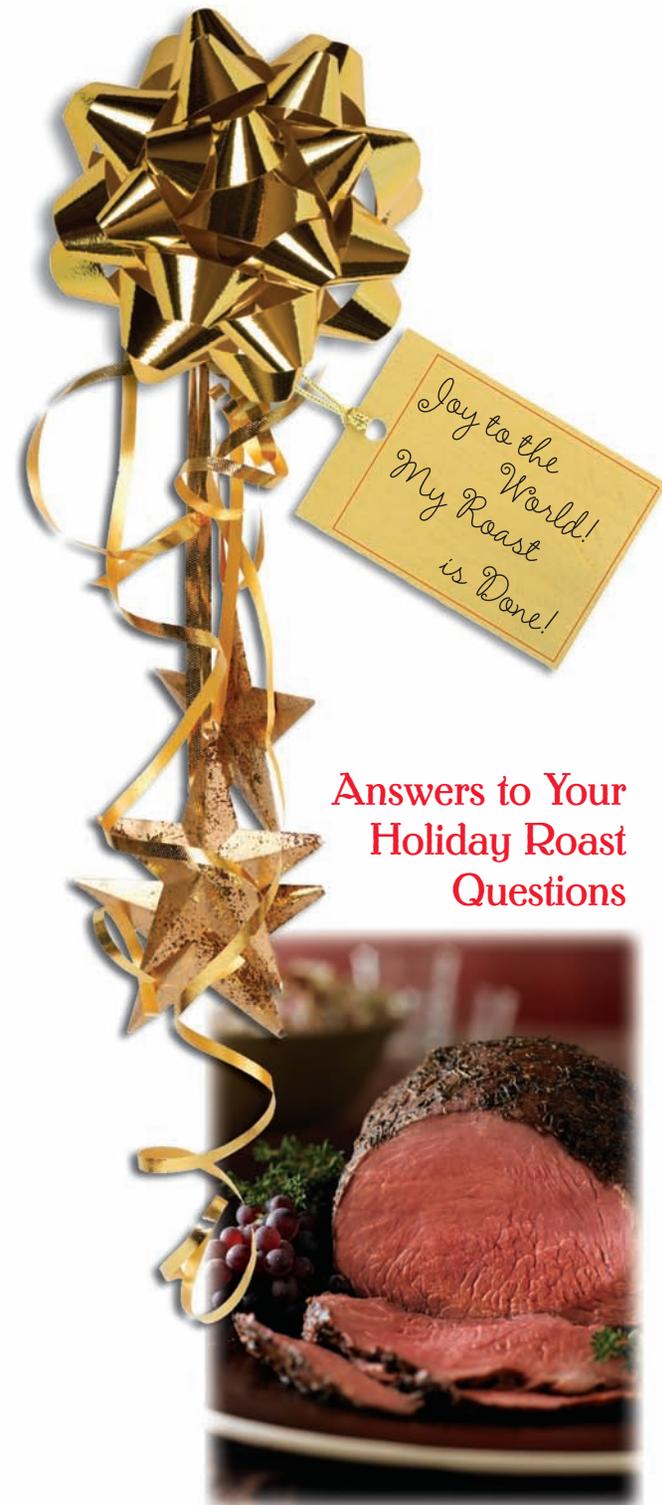


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Answers to Your  
Holiday Roast  
Questions

# Deck the Halls with Holiday Roasts

## STEP 1: PLANNING

**Q: How many ounces do I need to plan per person for either a boneless or a bone-in roast?**

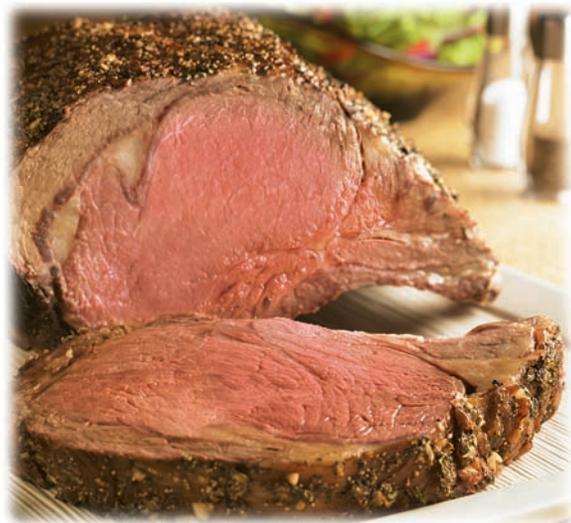
A: When deciding what size to purchase, think about holiday appetites and second helpings. The typical portion is 3 ounces cooked, trimmed beef. Generally, a boneless roast yields 3-4 (3-ounce) servings per pound. A bone-in roast yields about 2-3 (3-ounce) servings per pound.

**Q: I don't have a roasting pan. What can I use to cook my roast?**

A: Try a disposable aluminum pan with a metal cooling rack placed in the bottom. Place your roast on the cooling rack rather than directly on the bottom of the pan.

**Q: What's the best way to thaw my roast?**

A: The best way to thaw your roast is in the refrigerator at approximately 35°F - 45°F. Allow 3-5 hours per pound for a small roast (3-6 lbs) and 4-7 hours per pound for large roasts (7-10 lbs). You can thaw in the microwave, but you should cook your roast immediately after doing so. Never thaw at room temperature.



# It's Beginning to Smell a Lot Like Beef Roasts



## STEP 2: PREPARATION

**Q: What herbs and spices go best with beef?**

A: Beef's hearty flavor is enhanced by the flavors of many herbs and spices. Just about any herb or spice will do the trick. Avoid tarragon and rosemary, as their flavors will compete with the beef's natural flavor rather than enhance it.

**Q: What is the difference between a dry rub and a paste-type rub?**

A: A dry rub is a combination of multiple herbs, spices and other seasonings that are pressed onto the roast's surface prior to cooking. A paste-type rub uses a small amount of liquid (oil, crushed garlic, mustard, soy sauce or worcestershire sauce) to blend the ingredients before spreading them onto the roast's surface.

**Q: Should I salt my roast before or after cooking?**

A: Salt roasts after cooking. Salting prior to cooking draws moisture from the meat, affecting the tenderness and juiciness of the finished roast.

**Q: What liquids besides water do you recommend for pot roasts?**

A: There are several liquids you can use to add flavor when cooking your pot roast. Depending on your personal preferences, try tomato juice, beef broth/stock/bouillon or cooking wine.

# ... While Visions of Beef Roasts Danced in their Heads.

## STEP 3: COOKING

**Q: If I have to start my roast a little later than I planned, can I increase the oven temperature to compensate?**

A: It is not recommended to increase the oven temperature to speed up cooking time. This can negatively impact the tenderness and juiciness of the cooked roast.

**Q: How do I know when my roast is done?**

A: To achieve the desired serving temperature, remove the roast from the oven when the thermometer registers 5°F to 10°F below the desired doneness. Remember, the recommended internal temperature range is 145°F for medium rare to 160°F for medium doneness. Heat leftovers to 165°F.

# Rest Ye Merry Beef Roasts

## STEP 4: RESTING

**Q: I've heard that I'm supposed to let my roast "stand" after it comes out of the oven. Is that true? Why?**

A: Yes. You should let your roast stand for 15 to 20 minutes after removing from the oven. During that time, the temperature of the meat will continue to rise to the desired serving temperature.

To achieve the desired serving temperature, remove the roast from the oven when the thermometer registers 5°F to 10°F below the desired doneness. Remember, the recommended internal temperature range is 145°F for medium rare to 160°F for medium doneness.

Another benefit of allowing your roast to stand for 15 to 20 minutes is that your roast will firm up to allow for easier carving.

