



## COOKING AND REHEATING ROASTS AND TENDERLOINS

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### COOKING FROM SEARED-

1. Bring roast to room temperature – let rest on counter 2+ hours (this shortens cook time)
2. Pre-heat oven to 375°
3. Place Roast, uncovered, on center rack and cook uncovered approximately 20-30 minutes per pound. This number varies a great deal and is dependent on size, temperature and quality of oven. Therefore, always err on the side of caution (check before you think its done) and use a meat thermometer.
4. Check temperature at thickest part of roast for at least 30 seconds
  - 120-125° = Rare to Med Rare (best for lean cuts like tenderloin)
  - 130-135° = Medium to Med Well (best for fatty cuts like prime rib)
  - 140° or higher = Order Chicken
5. When desired temperature is reached remove from oven and let meat “rest” for 10 minutes before carving

### COOKING FROM RAW – REVERSE SEAR METHOD

*This method ensures perfect pink meat color from center to edge and a crisp crackly crust.*

*You can perform slow cooking well ahead of service and sear just before serving.*

1. Generously season exterior with coarse salt and pepper or any seasoning mixture. Let sit seasoned and lightly covered for as much as 24-36 hours in refrigerator (a mini dry aging).
2. Bring to room temperature for at least 2 hours before cooking
3. Pre-Heat oven to 275 degrees, yes, two hundred seventy-five
4. Roast uncovered until
  - a. 120 degrees in center for Medium Rare (good for lean cuts like tenderloin)
  - b. 135 degrees for Medium (good for fatty cuts like prime rib)
    - i. Allow about 20-30 minutes per pound but check it early as ovens vary in efficiency.
5. If done early tent with foil and rest on counter, then sear just before serving-
6. Preheat Broiler or Crank oven to 500+ degrees
7. Broil or Sear for 8-10 minutes until delicious crust develops
8. Rest for 5 minutes before carving

### REHEATING (best for smaller cuts)

1. Bring beef to room temperature – at least two hours on the counter
2. Pre-heat oven to 375°
3. Place on center rack and cook uncovered for about 20-40 minutes dependent on size and temperature.
4. Check temperature at thickest part of roast for at least 30 seconds
  - 120-125° = Rare to Med Rare
  - 130-135° = Medium to Med Well
  - 140° or higher = Order Chicken
5. When desired temperature is reached remove from oven and let meat “rest” for 10 minutes before carving

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