



COOKING AND REHEATING ROASTS AND TENDERLOINS

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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