

DENE

Perfect Roast Beef



Ingredients:

- 4 pound top round roast
- ¼ c. extra-virgin olive oil
- 3 cloves garlic, minced
- 1 tbsp. chopped fresh rosemary
- 1 tbsp. chopped fresh thyme leaves
- 2 tsp. kosher salt
- 1 tsp. freshly ground black pepper

Method:

1. Recommended: let roast sit uncovered at room temperature for 1 to 2 hours.
2. Preheat oven to 450°. In a small bowl, combine oil, garlic, rosemary, thyme, salt, and pepper. Rub all over roast.
3. Place roast in roasting pan fitted with a roasting rack. Roast for 15 minutes, then reduce heat to 325° and roast 1 hour 45 minutes more for medium, or 2 hours for medium well done.
4. Remove from oven and let rest 15 to 30 minutes before serving.