

Roast Beef



FRESH ST. MARKET

Share
THE
Cheer
WITH CHEF STU

INGREDIENTS

- 4lb sirloin tip roast
- 2 tsp salt, or to taste
- 1 tsp pepper, or to taste
- 1 large carrot
- 1 clove garlic
- 1 large onion
- 1 celery stalk
- 1 tsp vegetable oil
- 1 rosemary sprig
- 2-3 thyme sprigs

DIRECTIONS

- 1 Remove roast beef from refrigerator, one hour prior to cooking to allow it to come to room temperature.
- 2 Pre-heat oven to 450°F. Pat the roast dry with paper towels.
- 3 Mix the salt and pepper together then season liberally, covering all sides.
- 4 Prepare the aromatics. Cut the carrot, onion and celery into even pieces. Mix in a bowl with garlic, vegetable oil, rosemary and thyme.
- 5 Spread the aromatics evenly on a baking sheet. Then place a roasting rack on top of the aromatics. Next, place the roast beef on top of the roasting rack.
- 6 Place the roast beef in the oven for 15 minutes. This will create a nice outer crust. Lower the temperature to 325°F and continue roasting for 45 minutes.
- 7 Remove from the oven and let it rest for a minimum of 15 minutes. Slice the roast across grain and enjoy!

FRESH ST. MARKET