



Culinary Practice Recipe

Prep 10 mins
Cook 50 mins
Yields 4 servings



Rush Hour Roast Beef Dinner

Prepare Ingredients

1 lb (500 g) beef quick roast (eye of round, inside round or sirloin tip)

1 tsp (15 mL) onion roasted garlic soup mix
4 cup (1 L) root vegetables (parsnip, sweet potato or onion), cut into 1/2-inch (1 cm) chunks

Salt and pepper

Cook

Rub roast all over with soup mix. Insert meat thermometer lengthwise into centre of roast so that shaft is not visible. Place into shallow ovenproof pan, on bed of root vegetables that have been coated lightly with cooking spray and seasoned.

Cook uncovered, in 350°F (180°C) oven for 50 to 60 minutes until thermometer reads at least 155°F (68°C) for medium.

Remove roast to cutting board; tent with foil for 5 minutes to allow temperature to rise 5°F (3°C). Cut into thin slices across the grain and serve with the roasted vegetables.



Roasts are sorted into three basic cooking categories: oven roast, pot roast and rotisserie roast.

Oven roasts are cooked to the preferred doneness and carved into thin slices and served with pan gravy. Cuts include top sirloin, tenderloin, strip loin, prime rib and rib eye as well as sirloin tip, inside/outside/eye of round and rump.

Pot roasts are a stew-style roast beef. You can make ahead or simmer using the slow cooker or oven. Cuts include blade cuts, cross rib, shoulder and brisket boneless.

Rotisserie roasts can be cooked with or without a rotisserie. Cuts include top sirloin, inside/outside round, cross rib and prime rib.

Butchers recommend you buy enough beef for generous servings or to allow for leftovers:

- Buy 6 to 8 oz (175 to 250g) raw beef per person (boneless roast)
- Buy 12 oz (375g) raw beef per person (bone-in roast)



Watch a video that demonstrates different oven roasting tips and recipes at <https://canadabeef.ca/oven-roast-know-how/>.

Watch a video that demonstrates a pot roasting recipe at <https://canadabeef.ca/pot-roast-know-how/>.



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Doneness	Internal temperature	Roasting time
Medium rare	63° C / 145° F	18 to 20 min per 500g or pound
Medium	71° C / 160° F	22 to 25 min per 500g or pound
Well done	77° C / 170° F	30 min per 500g or pound

The shape of the roast and the type of cut are major factors that determine cooking time (as well as the accuracy of your oven) – these factors make it impossible to develop accurate minutes per pound estimates.

The best way to know your roast is done the way you like it is to use a meat thermometer.



How are temperatures used to determine the degree of “doneness” in a roast?



Find a pot roast recipe. How do the cooking methods compare?



Mini beef quick roasts are beef roasts cut to weigh 1 lb (500 g) or less. This small lean beef roast can be just the right size for smaller families. It is seasoned with a quick rub and cooked to medium doneness at most. To serve, carve across the grain into thin slices, like a flank steak. Be sure to allow the beef to rest before carving. It provides a good source of Iron (16% RDI) and an excellent source of zinc (42% RDI).

Nutrition Facts

per serving

Amount

Calories 245

Protein 24 g

Fat 6 g

Carbohydrate 24 g

Recipe and image courtesy of Canada Beef <https://canadabeef.ca/recipe/rush-hour-roast-beef-dinner/>