

Beef Roast with Fresh Herbs and Garlic

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This recipe makes a beef roast bursting with flavor. I have had excellent results with Sirloin, Tenderloin and Boneless Prime Ribs roasts.

Ingredients

Ingredient	Qty	Units
Beef roast	6	lb
Kosher salt		
Fresh ground black pepper		
Rosemary sprigs	1	Pack
Thyme sprigs	1	Pack
Smashed Garlic	10	Cloves
Butter	1	Stick

Ingredients are for a 6-pound roast

Directions

Pre heat oven to 325°F.

Place the roast in a roasting pan, rub both sides with a liberal amount of kosher salt and fresh ground black pepper.

Peel and smash approximately 10 garlic gloves and arrange them on top of the beef.

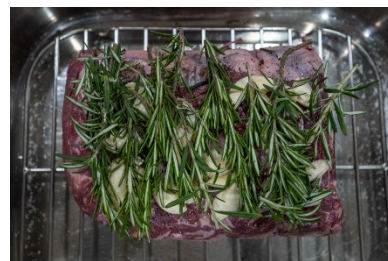
Arrange one pack of rosemary sprigs on top of the beef.

Arrange one pack of thyme sprigs on top of the rosemary, I typically orient them 90 degrees to the rosemary.

Take a stick of butter and slice it into strips length wise and place the strips on top of the thyme.



Garlic on the roast



Rosemary on the roast



Thyme on the roast



Butter strips on the roast

Place the roast in the pre-heated oven. The butter will melt and run down through the herbs and garlic basting the meat.

Leave the roast in the oven until a temperature is reached approximately 10 degrees below the

desired temperature, the temperature will rise by approximately ten degrees while the roast is resting for 10 to 15 minutes after cooking.

Approximate Roasting Times

Doneness	Internal temperature (oF)	Approximate time (hrs)
Rare	120-125	2
Medium rare	130-135	2-1/4
Medium	140-145	2-1/2

The USDA food code recommends beef is cooked to a minimum of 145° F to prevent food borne illness.

Serving

Once the beef is cooked and has rested, remove the herbs and garlic and discard them. Use a carving knife to cut the beef into slices across the grain.