

Rick Osborne's 'Best Way' To Cook A Roast

Invest in a DIGITAL thermometer. They are relatively inexpensive and the digital reader sits outside of the oven. The thermometer allows you to know when your roast is perfectly cooked and allows you to keep track of its internal temperature without opening the oven. Both of these details are hugely important so if you're about to start and you don't have one, stop and send someone out to the store. (Remember the batteries!)

Choosing a Roast

Although this way of cooking roast beef will work amazingly well with any medium to great quality cut of roast, picking a better roast will get you better results.

Here's the simplest way to understand roasts without taking a lesson in the anatomy of a cow. There are generally two categories of roasts

- One is a little tougher and is best roasted with fluids slowly over a long period of time (a pot roast).
- The other category is tender and perfect for a roast beef dinner.

Here's how you tell which is which: if the name of the roast uses the words 'Round' 'Chuck' 'Shoulder' 'Rump' or 'Hip' you've got a tougher roast.

If the name of the roast uses the words 'Rib' or 'Loin' (tenderloin, sirloin) it's best for a roast beef dinner.

(If you want to try this recipe on a cheaper roast, buy a roast with the word 'Round' in the name. I've done this a couple of times with great results.)

What You'll Need

- A roast
- A digital thermometer
- A roasting pan with a wire rack on the bottom
- Olive oil
- 1 ½ Tbsp Coarse salt (or Kosher or Sea)
- 1 ½ Tbsp Coarsely ground black pepper (or partially crushed peppercorns)
- 3 Tbsp Coarse sugar
- 1 Tbsp Fresh Rosemary leaves (or dried)
- 1 Tbsp Fresh Thyme leaves (or dried)
- 3 Tbsp of Fresh Garlic (4 – 6 cloves finely chopped)
- (Optional – if you're making gravy: mushrooms, onions, fresh whole garlic cloves, broccoli and cauliflower – about 4 cups mixed, fresh and cut.)

Preparation

Take a fully thawed roast out of the fridge and **let it stand at room temperature for an hour or two before roasting.**

Preheat the oven to 500 degrees F

Find a roasting pan that's not too much bigger than the roast. This theoretically helps cut down on the amount of juices that get evaporated from the bottom of the pan.

If you have chosen a boneless roast it's best to use a pan with a rack in the bottom. If you don't have one, you can put your roast onto your top oven rack and place your roasting pan directly underneath on the lower rack to catch the drippings. Allowing the heat to circulate around the roast will help it cook more evenly. Regardless if you have a rack or not, your roast will still turn out great.

If you have a bone-in roast the bones act as a rack.

If you're using a rack—or oven rack—coat it with oil or spray it with Pam. If not grease the pan instead.

If you're planning on making gravy from the drippings, then prepare and cut up some cauliflower, broccoli and onions in large chunks and add whole garlic cloves and mushrooms. Don't put any parts of the vegetables that you don't want to eat into the roaster because you're going to use the veggies in your gravy. Note - if you want to try different veggies, stay away from using carrots or turnips. Their flavor is too heavy.

Now the rub; finely chop the garlic and lightly chop the fresh rosemary and thyme leaves, mix together with the coarse salt, crushed pepper and sugar. (If no fresh herbs are available, dried will also work)

Rinse the roast with cold water (food safety requirement) and pat dry with paper towels.

Rub or brush olive oil all over your roast.

Coat your entire roast with your herb, seasoning and garlic mixture. Rub it in and pat it down until every part of the roast is covered.

Place it on your greased rack and/or in the greased roasting pan.

If the roast has a layer of fat on it, put the fat side up.

Put the probe from the digital thermometer into the thickest part of the roast. The probe should not touch bone and the tip of it should rest approximately in the center of the thickest part of the roast. If your roast is wider than it is high, stick the probe in through the end of the roast to the center of the thickest part. This way, more of the probe is in the meat and the readings will be more accurate.

If you're making gravy put the mixture of vegetables that you've already prepared around the roast in the roasting pan.

Do not add water and do not cover.

COOKING

The secret to this cooking method is simple; cook the roast at a really high temperature for a short time to seal in the juices, then turn the oven off and let the cooling (unopened) oven slow cook the roast most of the rest of the way. Then put the oven on at the end again to finish it off. (I don't know why it works but it's awesome! I've read the arguments against this method in general and in every case the person objecting was using the wrong roast, or they didn't use a meat thermometer and/or they didn't even try it themselves. Also, this is my own version of this cooking method which I've taken and made work. The roast is perfect every time.)

If you're planning on making Yorkshire Pudding you'll need to do the preparation while the roast is cooking so they're ready to go in the oven when the roast comes out.

Here's the link I have bookmarked as 'The Best Yorkshire Puddings.'
<http://britishfood.about.com/od/regionalenglishrecipes/r/yorkspuds.htm>

Place the roast in the oven that you preheated to 500 degrees with the cable from the probe coming out of the oven to the digital thermometer. Make sure both parts of the digital reader—if there are two—have batteries in them and are turned on and set properly.

Calculate 7 minutes per pound and set your timer. So if it's a 4½ lb roast set your timer for 31 minutes ($7 \times 4.5 = 31.5$).

DO NOT OPEN THE OVEN.

When the timer chimes turn your oven off.

DO NOT OPEN THE OVEN.

Set your timer for another 90 minutes. The roast will continue to cook.

When the timer goes off, if your meat has not reached your desired internal temperature then turn your oven back on to 300F.

DO NOT OPEN THE OVEN

Let the roast continue cooking and watch closely until your thermometer reads 140 degrees F. Your roast will be medium rare. (Roasts will normally continue to cook after being removed from the oven, raising the internal temperature by 5 – 10 degrees. However with this roasting method the internal temperature will not likely increase.)

If you want your roast to be medium, let the internal temperature go to 150F, for medium well 160F, then take it out of the oven.

The **DO NOT OPEN THE OVEN** part of this recipe is crucial. I also put a note on my oven so that the 'I wonder what's for dinner' spectators don't open it unaware.

Watch closely and as soon as your roast reaches the desired internal temperature, remove it from the oven immediately and let it stand for 20 minutes before carving. (Note - once you turn your oven back on to 300F it'll take about 30 minutes to increase the internal temperature of the meat about 7 to 10 degrees.)

(If you're making Yorkshires, turn the oven up as soon as you take the roast out so that you can cook the puddings while the roast is standing and being carved.)

If you're making gravy, remove the roast from the roaster. Also remove vegetables, cool and then puree and follow your usual procedure for making gravy. Add the puree back in **before you add your thickening agent**; you may need very little or none at all. Your gravy will be better for you and your kids will be getting a serving of veggies with every scoop of gravy.

Carve, serve and enjoy!