

COMMENT

A simple recipe for cooking the best roast

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What's Cookin'

Gerry is writing today...

Three pounds, three hours, three hundred and fifty degrees— that's my simple recipe for cooking the best roast. I copied the recipe of my mother-in-law, Edith Kentner shortly after we were married and we just celebrated our 50th wedding anniversary in 2015!

Her roast of choice, and mine too, is a sirloin tip. I find this cut of beef to have a great flavour, provides delicious drippings for a superb gravy, is very tender, slices nicely (if you remember to let it rest first) and it is great for leftover uses of any kind. Generally available at your local grocery store or butcher and comes on sale occasionally.

Top sirloin, rump roast, blade roast, chuck roast, eye of the round, prime rib, so many choices and most of us aren't sure what to do with it! Different roasts should be bought for different purposes. If you want a glamorous company roast, then prime rib is your best choice. The pot roast or slow cooker roast would be blade, cross rib, brisket, rump, top sirloin or chuck— they work well when you cook them lower and slower

and in liquid for best tenderization.

The most tender cuts of beef come from the parts of the animal that don't move as much such as sirloin tip, beef tenderloin, top sirloin, T-bone, wing and filet steaks. A quick conversation with my longtime local butcher friend from Metro, Gary Herbert, gave me some more insight into the beef issue. For more information, you could request a beef chart from the Canadian Beef Association. Gary says that the most popular cut of beef is whatever is on sale that week!

Get comfortable talking to your butcher. He'd love to assist with your meat choices. Beef is very expensive and we want the best value and taste. As I write this, I am preparing to have guests over for dinner for a traditional Grandma Kentner roast beef dinner, as my family has called it for years. But, that Grandma Kentner we refer to is no longer Edith— it's me!

Have fun and keep cooking!

Email questions and comments to
whatscooking@theifp.ca

Beef Gravy

INGREDIENTS

- 1 tbsp butter
- 1 tbsp olive oil
- 1 onion, minced
- handful mushrooms, cleaned and sliced
- red wine
- water from potatoes
- 2 tbsp all-purpose flour
- 2 tbsp Beef Bisto
- cold water
- pan drippings (fat skimmed off)
- beef flavour concentrate
- salt and pepper

METHOD

Heat butter and oil in large pan.

Add onion and mushrooms, cook over medium heat, stirring frequently, until well caramelized.



Deglaze pan with red wine, scraping any bits up off the bottom of pan.

Add water from potatoes to desired volume. Bring to a boil.

Mix flour, bisto and cold water together, whisk into boiling gravy, stirring constantly until desired consistency is reached.

Add pan drippings. Taste. Add beef flavour concentrate if needed.

Strain if desired.

Season with salt and pepper to taste.

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