



## Slow Roasted Beef

*Adapted from Jim Swenson, National Press Club*

BAH Note: The roast I used didn't have an outer fat layer. I don't think the recipe suffered for the lack of it. If you have an electric knife, I'd suggest using it in order to have the slices be as thin as possible. I suck at carving roasts and need to take my own advice and find my electric knife. Lastly, do the math when picking out your roast. A 4 - 6 pound cut of beef WILL take between 8 and 15 hours. Fortunately, the roast can be made a day ahead, cooled, and refrigerated. Or, if you're not as paranoid as I am, you could let the thing cook overnight.

- 4 to 6 pound beef roast (boneless shoulder, top round, or eye of round suggested)
- Kosher salt
- Black pepper

Heat the oven to 200 degrees. Line a rimmed baking sheet with aluminum foil and place a cooling rack inside the sheet pan.

Dry the roast with paper towels. Season with salt and pepper. Heat a dry (no oil) heavy nonstick skillet over medium high or high heat and sear the meat on all sides until well browned.

Transfer the roast to the sheet pan, fat side up, and place in the oven. Reduce the temperature to 170 degrees and cook 2 to 2 1/2 hours per pound until the meat registers 125 degrees for rare, 130 - 135 degrees for medium rare, or 140 degrees for medium on an instant read thermometer. Do not cook beyond 145 degrees.

Transfer the roast to a cutting board, tent with foil, and rest for 20 minutes before carving. When ready to carve, discard the fat layer and cut the meat against the grain into thin slices.

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