

BEEF ROAST GUIDE
ALL OF OUR BEEF ROASTS ARE FROM HAND-SELECTED
MIDWESTERN BLACK ANGUS CATTLE!

Standing Rib Roast: This is the ultimate roast. They are available in **USDA Prime** and **USDA Choice** grades. Prime has the most marbling and is going to be richer in flavor. It's the highest grade and is always in short supply. Choice is the second highest grade and has a bit less marbling. It is still going to be tender and moist. It's what you get in most upscale restaurants. The standing rib is available both **Bone-In** and **Boneless**. When we prepare the bone-in roast, we loosen the bone and tie it back in place. When the roast is done, you simply cut the strings, remove the bone, and you have a boneless piece of meat for carving. (We call it, cleverly enough, **E-Z Carve!**)

The boneless roast is designed specifically for the rotisserie. It is absolutely spectacular when cooked in that fashion. For the regular oven or grill, though, use the one with the bone. You'll get extra flavor and keep the dog happy!

Cooking Time: Refer to our cooking guide available at the meat department.

How much do I buy?: Figure two people per rib for the bone-in and an absolute minimum of ½ pound per person for the boneless.

Whole Top Sirloin Roast: This is often referred to as a "Baron of Beef" and is a popular roast in Great Britain. It is a huge, magnificent roast and it's only drawback is the "huge" part. They usually weigh 10-12#, so they are going to be reserved for groups of 12 or more people. They are one of our favorites!

Cooking Time: A small one will roast in about three hours at 350. Larger ones can take up to four hours. Rely on your thermometer.

A large roast like this will continue to cook for quite some time after it is removed from the oven. Pull it a full 5 degrees below your target.

How much should I buy?: Figure a bare minimum of ½ pound per person.

Don't short-change yourself. They are relatively inexpensive, and, when you taste it, you'll wish you had more.

Baseball Top Sirloin: Officially, this is called a "cap-off top sirloin" and it's the cut that we use to produce the "baseball" top sirloin steak. It has all the flavor of the top sirloin roast, but it's smaller and leaner. They range from 5-7 pounds, so they are appropriate for a group of 8 or more. Since they do have most of the fat removed, we recommend that you rub the roast with olive oil and cook in a lower, 325, oven.

Cooking Time: Since you are cooking in a slower oven, the time will be a bit extended. Figure just short of two hours for a smaller one, and a bit over for a larger one.

How much should I buy?: Figure an absolute minimum of ½ pound per person.

Crossrib Roast: This boneless roast is cut from the back portion of the shoulder. It is tender and extremely flavorful. It doesn't have much of a reputation because very few meatcutters know how to prepare them properly. Don't let the price fool you. This is a very good and very economical roast. Whole ones average 10#, but we can cut them to any size.

Cooking Time: Cooking time is determined by diameter, not by weight. Since it varies from roast to roast, ask the meatcutter for a recommended time when you purchase the roast.

How much should I buy?: Figure a minimum of ½ pound per person.

Filet Roast: Not usually thought of as a roast, lots of people opt for these for the Holidays. They are expensive, but, understandably, they are the most tender of all the cuts. The average weight is 5-7# before trimming. These are very lean, so we recommend rubbing with olive oil before cooking. It will protect the roast and allow the seasonings to adhere.

Note: If you are preparing a "Beef Wellington", make sure that you specify it in your order. Wellington requires a special preparation.

Cooking Time: Filets should be cooked in a hot oven, 375+ degrees. They vary in diameter, so ask the meatcutter for a recommended time. They can take anywhere from 30-45 minutes.

How much should I buy?: There is no waste and little shrinkage for a filet roast. 6-8 ounces is an adequate portion.

New York Strip Roast:

This is rarely thought of as a roast, but for the last couple of years there have been some recipes floating around. It doesn't have the visual appeal of a rib roast, but it does have two distinct advantages. First of all, it cooks faster. Whether you are

cooking a whole strip or a smaller piece, the cooking time will be 1 1/4 to 2 hours. The other advantage is that the price usually goes down at Christmas. All the market pressure is on the rib.

Cooking Time: A whole strip will cook in 1 ½ to 2 hours at 350. For smaller pieces ask for a target time from the meatcutter.

How much should I buy: The strips that we sell are pre-trimmed, so there is little waste. It's so good, though, that we recommend about 12 oz. Per person.

For all of these roasts, refer to our Cooking Guide for the target temperatures. One more thing to remember. We will, at no charge, season your roast for you. Just let us know when you order and **ENJOY!**