



AMERICAN

Rare Roast Beef for Sandwiches

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Basic	6	10 min + 1 hr resting	1 hr	Roast	Eye of round

Ingredients

- 1.4 kg (3 lb) eye of round roast, tied
 - 1 tbsp kosher salt
 - 1 tbsp coarsely ground black pepper
 - 1 tsp garlic powder
 - 1 tbsp olive oil
- FOR THE SANDWICHES**
- Rye, sourdough or soft rolls
 - Horseradish cream or mayonnaise
 - Mustard, sliced tomato, lettuce, and sliced swiss or provolone

Steps

1. Take the roast out of the fridge 1 hour before cooking. Pat dry and rub with the salt, pepper, garlic powder and oil.
2. Heat the oven to 230°C (450°F). Place the roast on a rack in a small roasting pan.
3. Roast for 15 minutes, until the outside is browning and sizzling.
4. Lower the oven to 120°C (250°F), without opening the door more than needed. Roast for 40 to 50 minutes, until the centre reads 50°C (122°F) on a probe thermometer.
5. Turn the oven off and leave the roast inside for 10 minutes with the door shut. Carryover heat will finish it to a rosy 54°C (130°F).
6. Move to a board, wrap loosely, and rest for 30 minutes. Then refrigerate for at least 2 hours.
7. Slice the chilled roast paper-thin against the grain with a long, very sharp knife.
8. Build the sandwiches with a generous pile of beef, horseradish cream and your favourite toppings.

Notes

- **Slicing:** a cold roast slices thinner; a meat slicer or a thin carving knife makes it even easier.
- **Doneness:** eye of round is very lean and toughens past medium; use a thermometer.
- **Safety:** rare beef is not advised for pregnant or immunocompromised people; cook the roast to 63°C (145°F) for them.
- **Storage:** keeps 3–4 days wrapped in the fridge. Freeze slices flat for up to 3 months and thaw overnight.
- **Pair with:** a crunchy coleslaw or dill pickles.
- **Twist:** swap the horseradish cream for pesto mayonnaise and a handful of arugula, a non-traditional take.