

### 3 Sirloins

Open packages / Rinse off / Pat dry /

Make Rub ,Salt / Pepper / Garlic powder /Rosemary.

Start oven 500 Degrees

Sear in cast iron pan.

Large roasting pan (Add onion and garlic to pan?)

### 20 Lb. potatoes

Wash

Oil / Salt / Pepper

Lg Roasting pan

Bread?

Tuscan Salad

Tea / Coffee / Water

Desert

Table – Salt Pepper / Butter?

# ROASTING INSTRUCTIONS

**John Rose**

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**From:** FSRose <fred@wildhack.com>  
**Sent:** Sunday, January 15, 2017 2:36 PM  
**To:** jackfran63@nc.rr.com  
**Subject:** Fw:

-----Original Message-----

**From:** Christopher  
**Sent:** Saturday, January 14, 2017 7:10 PM  
**To:** Dad

I can't find the Dijon horseradish rub I used but google anything that looks good. The key is in the roasting.

You must have a good thermometer that you can monitor real time. Put your prepared meat in a preheated oven at 500 for 10 minutes or so just to sear and seal the juices in. Then open the door to let the heat out and cook at 195 for as long as it takes to get the meat to 135 then again open the door and bring the temp to 165. You can keep it in there for hours as long as the meat never goes over 135. It's best if it cooks for for hours after it hits 135. Also after searing , put a pan of water in the oven to keep the moisture up.

NEVER let the meat get over 135 and let it rest before carving  
Sent from my iPad

# Roast Sirloin of Beef

23 LB.

2 = 15 lb. roasts

Marinate a day or 2 in pineapple juice

Allow to come to room temp.

Rinse and pat dry

Rub with garlic powder / a little salt / pepper

Add lots of chopped mushrooms / beef broth / red wine

350 degrees for about 2 hours / internal temp 125.

Reduce marinade in a pot by  $\frac{1}{2}$  to  $\frac{3}{4}$

## Sauce

Add roasting juice to pot including mushrooms and reduce adding a little red wine / a very little of the reduced marinade / butter

Thicken with corn starch

Just before serving heat up heavy cream and add it to the sauce gradually so it does not break the sauce.