

Oven Roast - Feast Twice

MEAL 1



THINKBEEF^{CA}

Meal 1 - Oven Roast Beef

4 lb (2 kg) **Beef Oven Roast** (e.g. Strip Loin, Rib or Top Sirloin)

5 cloves garlic, cut into slivers

Sea salt and coarsely ground pepper

Cut shallow slits all over roast; insert garlic slivers into slits. Rub all over with coarse salt and pepper. Place, fat side up, on rack in shallow roasting pan (no water is necessary). Insert oven-safe meat thermometer into centre of roast, avoiding fat or bone. Oven-sear by placing uncovered roast in preheated 450°F (230°C) oven for 10 minutes.

Reduce heat to 275°F (140°C). Cook until thermometer reads 145°F (63°C) for medium-rare, about 2 to 2-1/2 hours. Remove from oven.

Place roast on cutting board; cover with foil and let stand for at least 15 minutes. Carve roast into thin slices and serve.

Meal 2 - Rink Rat Wraps

4 large flour burrito-size tortillas

¼ cup red pepper jelly (hot or sweet)

8 oz shredded aged Cheddar

1 bunch watercress, arugula or handful of baby greens

2 cups (500 mL) shaved cooked roast beef (about 10 oz/300 g)

½ cup cashew pieces

Spread each tortilla right to edge with 1 tbsp red pepper jelly. Top each with 1/4 cup shredded cheese, one quarter each of the watercress and beef and 2 tbsp cashew pieces. Roll up each tightly. Eat right away or wrap each in plastic wrap and refrigerate for up to 8 hours.