

Roast Cuts

Round (Sirloin Tip, Eye of Round, Inside/ Outside Round)

Best using moist heat, pot roast, stew, beef Bourgogne. These dishes are best prepared a day in advance so when the meat is tender, allow it to cool absorbing the cooking juices back into the meat.

You can also cut into fast fry steak (across the grain @1/2" thick), strongly recommend an acidic marinade for at least 24hrs before cooking, cook to medium rare and allow to rest. This is not top sirloin, so it will still have some "chew" to it sous vide can allow you to serve medium rare steaks or roasts.

Rinse whole roast briefly under cold water, pat dry. Put into vacuum bag with your favorite marinade and seal. Set water bath to 90° (195°F). Add bag and set timer for 2 minutes to pasteurize the surface of the roast. Add cold water to bring temperature to 58° C (137°F medium) and allow to cook for 24hrs (cover the water bath with a lid or cling film to prevent evaporation). Remove from bag and pat dry.

Sear the roast on high heat of your stove top, grill or hot oven 235°C (450°+) to caramelize the surface. Alternately portion into desired size steaks and sear in the same way.

Save the cooking liquids! Put into a pot and boil to use as a sauce.