

Roast Beef – everything you always want to know but afraid to ask

There are some simple principles one should observe.

One – Choice of beef

Choice of beef is important. You want a piece of beef with more marble. Marble is in fact the little speck of fat that is imbedded with the meat. The most famous of beef of course, is Kobe beef. But this beef is not for roasting because the marble content is too high. You can end up with a



soft puddle of fat.

Kobe beef!

The most common and affordable cut that we use in roasting should be the Prime rib. Ribs are intended to protect the inner organ and they do not have much movement. The meat attached to the ribs is tender and



flavourful.

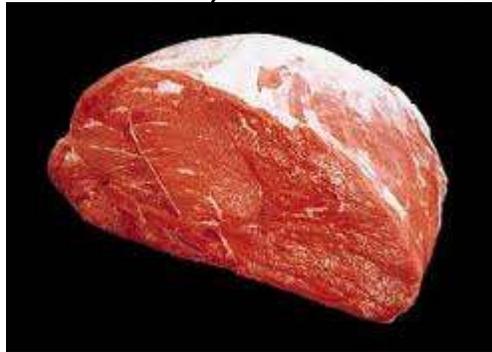
See the difference in marble. The rib is on the underside of the beef. The rib will provide flavour and also protect the beef from the intense heat from under.



This is the beef when it is done!

Observe the meat around the ribs. You can actually tell the degree of doneness by the meat shrinkage from the bone.

Other kinds of beef you can also use are the more economical cuts of



sirloin roast.

Sirloin roast does not have bones and there are far less marbles on the beef. If you are using sirloin, you should get some beef fat from the butcher and cover the roast with it and tie the fat to the top of the roast. This will help to moisten the meat.

In conclusion, it is better to have a prime rib roast, capped with fat, and lots of marble in the meat.

There are prime ribs which look very deep dark color and they claimed



to air age for 21 days or longer.

These are air aged steaks. It means the meat was hanged in the cooler of a specific temperature to allow the meat to relax slowly and soften the fibres. If you hang the meat for over 21 days, it becomes old meat and the color would change to a deeper tone and the butcher can charge you more for their service. The trouble is there is no way you can really tell the normal

prime rib from the anciently aged beef. You can experiment and let me know which is better.

Two – marinating and seasoning the beef

Normally seasoning would imply the adding of salt and black pepper [you can also use white pepper, but white pepper has a more spicy nature]

Some people would swear that salt draws the moisture out from the beef and makes the meat dry. Of course the salt would draw the moisture out, but you are talking about a piece of meat weighing by pounds and there



is no way to dry the beef up by much. This is a beef with herbs and spices ready to go in the fridge for marinating. The thermometer is not necessary.

The main function for marinating is 2 folded. You want to infuse more flavour to the meat and you want the meat to relax the muscle fibres. So when you put the meat into the fridge to marinate, do cover the meat to prevent it from drying too much.

Timing of marinating depends on the quality of the meat and the depth of flavour you want to infuse into the meat. You can do it over night or you can do it for a few hours. Rather than taking up too much room in the fridge, 3 hours or even 1 hour in the fridge is ample time for marinating.

Now here comes the marinating of the beef. The general spices and herbs used on the beef would be:

Salt and pepper

Thyme

Rosemary

Garlic

Cumin

Paprika

Granulated onions

Chilli powder

Crushed red pepper flakes

Cheyenne pepper

*And for the more exotic flavour
Brown sugar
Mustard
Lemon zest*

+ Any herb and spice you see fit to dress up the beef.

*I am a simple person and I choose simple ingredients for the beef.
Here is an example.*

Choice of beef – Prime rib from 1st rib down

7 pound Standing Rib Roast {bone in}

*1 teaspoon of Kosher Salt
1 teaspoon of Freshly Ground Black Pepper
6 Cloves of Garlic, smashed and peeled
1/3 cup Dijon Mustard
2 tablespoons chopped Fresh Thyme
1-1/2 tablespoons of chopped Fresh Rosemary
1-1/2 tablespoons Olive Oil*

(You can also add some red chilli flakes for some heat)

This would look like a paste and you can put it on the beef fat side liberally. Then it is into the fridge to marinate. The above is a WET rub.

You can also create a DRY rub.

*1 tablespoon cumin
1 tablespoon paprika
1 tablespoon granulated garlic
1 tablespoon granulated onion
1 tablespoon chilli powder*

*1 tablespoon brown sugar
2 tablespoons kosher salt*

*1 teaspoon cayenne pepper
1 teaspoon black pepper
1 teaspoon white pepper*

The above is by proportion. You can adjust the quantity to your own taste. Cooking can be very creative once you know the principle behind it.

You can test out different combination of spices and herbs and add in more or less to your own taste.



Three – the cooking

Now we come to some action.

Take the beef out from the fridge and let it warm to room temperature. If you are specific you can stick a thermometer in the meat and test its temperature.

Preheat oven to 400 or 450

Put the roast in a roasting pan and then in the oven and sear for 15 / 20 minutes.

Reduce temperature of oven to 325

Let the meat cook till the internal reach temperature of 130/140. This would result a beautiful, nice color, aromatic roast for your enjoyment. It should be medium rare. You can also use the temperature to control the degree of doneness you want. That is to cook the meat for less time or longer time.

Since different equipment reacts differently, it is always good to have a thermometer on hand and you can test the doneness of the meat. A general rule of thumb, we would allow 15 minutes per lb of meat to reach a medium rare stage.

Turn on the oven light so you can see how the meat is reacting. If it is going too fast, always have a foil sheet on hand and you can cover the roast with aluminum foil to slow down the cooking.



Four – the finish

A roast resting.

Now you got your oven mitts and the time is to the T. The roast looks lovely and bubbling with desire, you still have to refrain yourself a bit longer. Bring the beef out and put it on a cutting board. Then cover with foil. Let it sit for 15 minutes before you bring out the knife and start carving the beef. This resting is very important since the beef is still cooking once you take it out of the oven and you have to allow time for the juice to redistribute. The foil would prevent a serious heat loss.

Once the waiting time is over, you can separate the bones from the roast and then carve the meat to good thickness so everybody around the

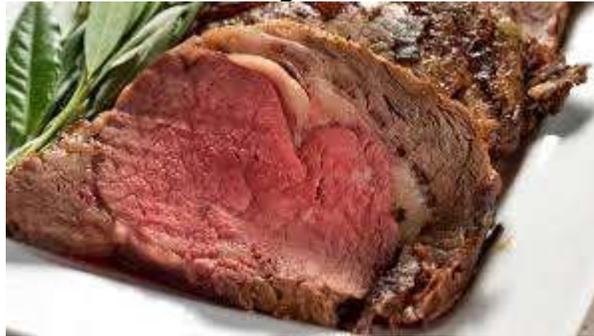


table can enjoy.