

Beef Roast

Ingredients

2 1/2 lb (half the roast) Eye of Round
Salt and pepper
1 tbsp Vegetable Oil

Instructions

- 1.) The day before roasting: Using butcher's twine, tie at 1-inch intervals using butcher's knots. Season generously with salt and pepper. Transfer to a wire rack set in a foil-lined rimmed baking sheet and refrigerate, uncovered, at least overnight and up to 2 nights.
- 2.) When ready to cook: Adjust oven rack to center position and preheat oven to 225°F (105°C). Place baking sheet with rack and eye of round in oven and roast for 1 hour and 20 minutes. Check internal temperature at thickest point. Remove from oven when thermometer registers 115°F (46°C)
- 3.) Heat cast iron skillet over medium heat with vegetable oil and sear all sides for about 1 1/2 minute per side.
- 4.) Let rest for 30 minutes to an hour before thinly slicing.

Extras

This produces little to no pan drippings for gravy. To create a flavorful gravy while the roast rests, boil carrots and onions in chicken stock for 10 minutes then remove all the carrots and onions using a slotted spoon putting them in the bottom of a baking tray. Roast the carrots and onions at 350° for 15 to 20 minutes. Mix 1 cup of warm water with 2 - 3 tablespoons of flour and whisk until smooth. Slowly whisk solution to boiling broth until thick. Add 1/4 tsp of apple cider vinegar and 1 tsp of soy sauce and continue to cook the gravy at medium heat to thoroughly cook the flour.

Ingredients (for gravy)

8-10 Carrots (peeled and sliced into 3/8" coins)
1 Large white onion (thick slices from top to bottom)
1/4 tsp Apple cider vinegar
1 tsp Soy Sauce
32 oz Chicken Stock
1 Cup Lukewarm water
2-3 tbs flour

