
Louisiana Roast Beef

Paul Prudhomme

Servings: 6

Preparation Time: 45 minutes

Rating: 9

I use the above for a 3 pound roast and doubled the recipe for a 5 pounder. It gives me enough to rub a liberal amount on the outside. I also cooked them to 145 degrees and layed a piece of foil over the top for falf the cooking time. I like this recipe on a rump roast. 4 pound rump at 300 degrees = 2 hour 15 min to 145 internal temp.

1/4 cup onion, finely chopped
1/4 cup celery, finely chopped
1/4 cup green bell pepper, finely chopped
2 tablespoons unsalted butter, melted
1 teaspoon white pepper
3/4 teaspoon black pepper
3/4 teaspoon garlic, minced
1/2 teaspoon dry mustard
1/2 teaspoon ground cayenne (I use 1/4 tsp)
4 pounds boneless sirloin roast, top round roast,
or any good-quality beef roast with a
layer of fat on top

In a small bowl combine the onions, celery, bell peppers, butter and seasonings, mixing well.

Place the roast in a large roasting pan, fat side up. With a large knife make 6 - 12 deep slits in the meat (to form pockets) down to a depth of about 1/2 inch from the bottom; do not cut all the way through. Fill the pockets to their depths with the vegetable mixture, reserving about 1 tablespoon of the mixture to rub over the top of the roast. Bake uncovered at 300 degrees until a meat thermometer reads 160 degrees for medium doneness, about 3 hours. For rarer, cook until 140 degrees. Serve immediately, topped with some of the pan drippings if you like.

Serving Ideas: serve with roasted potatoes

Beef, Dean

Per Serving (excluding unknown items): 42 Calories; 4g Fat (80.9% calories from fat); trace Protein; 2g Carbohydrate; 1g Dietary Fiber; 10mg Cholesterol; 5mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1 Fat.