

## **Classic Roast Beef**

Ingredients 3 lb (1.5 kg) top sirloin premium oven roast

5 cloves garlic, minced

1 tsp (5 mL) salt

1 tbsp (15 mL) vegetable\_oil

3/4 tsp (4 mL) pepper

1/4 tsp (1 mL) dried thyme

1/4 cup (50 mL) red\_wine (optional)

2 cups (500 mL) sodium-reduced beef broth

2 tbsp (25 mL) all-purpose\_flour Preparation Place roast, fat side up, on rack in roasting pan. Mash garlic with salt into paste; stir in oil, 1/2 tsp (2 mL) of the pepper and thyme. Spread all over roast.

Oven-sear roast, uncovered, at 450°F (230°C) for 25 minutes. Reduce heat to 325°F (160°C); roast for 80 minutes or until thermometer registers 140°F (60°C) for medium-rare, 155°F (68°C) for medium. Transfer to cutting board; tent with foil. Let stand for 10 to 15 minutes for temperature to rise 5°F (3°C) more before carving. Reserve juices.

Meanwhile, place roasting pan over medium-high heat. Add wine (if using), whisking up brown bits. Add broth, remaining pepper and juices from roast; bring to simmer, stirring.

Whisk flour with 1/4 cup (50 mL) water; whisk into pan. Bring to boil, whisking constantly. Reduce heat and simmer for about 3 minutes or until thickened; strain. Serve with beef.