

3 SIMPLE STEPS FOR OVEN ROASTING BEEF

Larger or thicker cuts of beef benefit most from roasting in the oven. Although it requires more time, roasting is the simplest cooking method because it requires little attention.

STEP 1 CHOOSE YOUR CUT

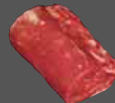
Some of the best cuts for oven roasting include:



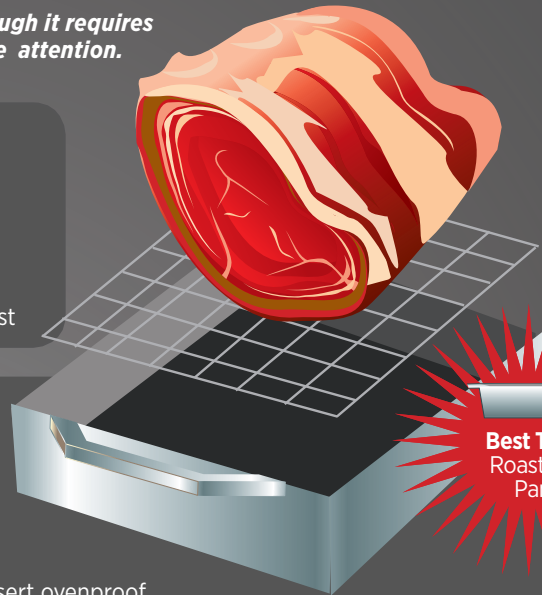
Top Loin Roast



Ribeye Roast



Tenderloin Roast



Best Tool:
Roasting Pan

STEP 2 PREPARE YOUR BEEF

Place roast (directly from the refrigerator), fat side up, on rack in shallow roasting pan. (The exception is the Rib roast; the ribs form a natural rack).

Heat oven to temperature specified in guidelines (reverse).



Season roast with herbs and seasonings, as desired.



Insert ovenproof meat thermometer so tip is centered in thickest part of roast, not resting in fat or touching bone.



Do not add water.

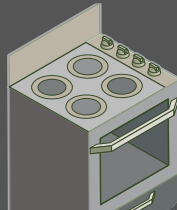


Do not cover.

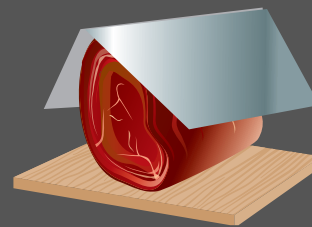
STEP 3 COOK YOUR BEEF

Roast according to guidelines (reverse).

Then, transfer roast to carving board and tent loosely with aluminum foil.



(Temperature will continue to rise 5°F to 10°F to reach desired doneness and roast will be easier to carve).

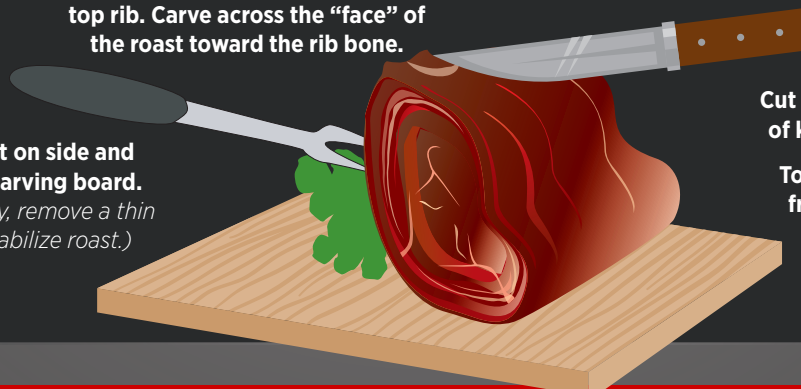


Let stand 15 to 20 minutes.

Tip: How to Carve a Rib Roast

Insert fork from the side, below the top rib. Carve across the "face" of the roast toward the rib bone.

Turn roast on side and place on carving board. (If necessary, remove a thin slice to stabilize roast.)



Cut along the rib bone with the tip of knife to release a slice of beef.

To serve, slide knife; steadying from above with the fork and lifting slice onto plate.

BEEF

Funded by The Beef Checkoff

For more simple meal ideas, nutrition information and cooking tips, visit BeefItsWhatsForDinner.com

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BEEF OVEN ROAST

COOKERY INFORMATION

Beef Cut	Preheated Oven Temperature	Weight	Approximate Total Cooking Time		Remove roast from oven when internal temperature reaches
Top Loin Roast	325°F	3 to 4 lbs	Medium Rare: Medium:	1-1/4 to 1-1/2 hours 1-1/2 to 1-3/4 hours	135° 150°
		4 to 6 lbs	Medium Rare: Medium:	1-1/2 to 1-3/4 hours 1-3/4 to 2 hours	135° 150°
		6 to 8 lbs	Medium Rare: Medium:	1-3/4 to 2 hours 2 to 2-1/4 hours	135° 150°
Ribeye Roast, Small End	350°F	3 to 4 lbs	Medium Rare: Medium:	1-1/2 to 1-3/4 hours 1-3/4 to 2 hours	135° 150°
		4 to 6 lbs	Medium Rare: Medium:	1-3/4 to 2 hours 2 to 2-1/2 hours	135° 150°
		6 to 8 lbs	Medium Rare: Medium:	2 to 2-1/4 hours 2-1/2 to 2-3/4 hours	135° 150°
Ribeye Roast, Large End	350°F	3 to 4 lbs	Medium Rare: Medium:	1-3/4 to 2-1/4 hours 2 to 2-1/2 hours	135° 150°
		4 to 6 lbs	Medium Rare: Medium:	2 to 2-1/2 hours 2-1/2 to 3 hours	135° 150°
		6 to 8 lbs	Medium Rare: Medium:	2-1/4 to 2-1/2 hours 2-3/4 to 3 hours	135° 150°
Tenderloin Roast, Well-trimmed	425°F	2 to 3 lbs <i>(center cut)</i>	Medium Rare: Medium:	35 to 40 minutes 45 to 50 minutes	135° 150°
		4 to 5 lbs <i>(whole)</i>	Medium Rare: Medium:	50 to 60 minutes 60 to 70 minutes	135° 150°

