

Round-Up Roast



PREPARATION TIME
5 minutes



COOKING TIME
1 hour



PERFECT PARTNER
garlic potatoes



Shop around before buying roasts. Boned and rolled roasts cost more per pound than bone-in cuts, but yield more meat—not bone—for the money. Easier slicing and attractive servings are a bonus, too.

SHOPPING LIST

- rolled rib roast

ON HAND

- flour • salt • pepper
- dried parsley

INGREDIENTS

- 1 (2-pound) boned, rolled rib roast
- 1/4 cup all-purpose flour
- 2 cups water
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 2 teaspoons dried parsley

SERVES 4

COOKIN' Xpress

- Save a pan and roast vegetables alongside the beef. Chop carrots, celery and onion into 1-inch chunks; place around the beef with 1/2 cup water or beef broth.
- For a flavorful and easy mashed potato accompaniment to this roast, add 2 cloves of garlic to the potato cooking water. Drain and mash potatoes with the garlic cloves.

Make Ahead

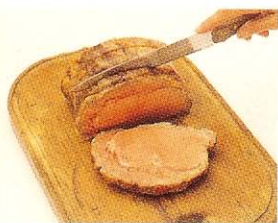
Place the beef in a slow cooker with 1/2 cup water. Cook on LOW for 8 to 10 hours. Before serving, make the gravy in a saucepan using the beef juices.

- 1 Preheat oven to 450°F. Place beef in a roasting pan. Roast for 15 minutes.



- 2 Reduce oven temperature to 400°F. Continue roasting for about 20 minutes per pound for medium. Remove beef from oven; place on a serving platter. Keep warm.

- 3 Blend flour into pan juices. Cook over medium heat, scraping pan to loosen brown bits, for about 5 minutes.



- 4 Gradually stir water into pan. Cook over medium-high heat, stirring continually, until mixture comes to a boil. Add salt, pepper and parsley. Slice beef and serve with pan gravy.

♦ VARIATION

Use some tried-and-true herbs to make a flavorful rub for the beef. Just mix 1/2 teaspoon each dried basil, thyme and marjoram.