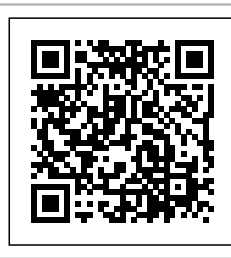


Roasted Eye Round Roast



Scan Code To Watch
Video!



Recipe by: Laura Vitale

Serves 4 to 6

Prep Time: 20 minutes

Cook Time: 1 hours 0 minutes

Ingredients

- 3 lb Eye Round Roast
- 2 Cloves of Garlic, very thinly sliced
- Fresh Rosemary
- 1/4 cup of Olive Oil
- 1/4 cup of Dry White Wine, I used Pinot Grigio
- Plenty of salt and pepper
-

For the wine sauce:

- 2 Tbsp of Unsalted Butter
- 2 Shallots
- 1 cup of Dry Red Wine
- 1 cup of Beef Stock
-

For the horseradish sourcream:

- 1 cup of Sour Cream
- 2-3 Tbsp of Prepared Horseradish
- 2 Tbsp of Chopped Chives
- Plenty of Salt to taste

1) Trim the roast of any excess fat, then using the tip of a really sharp pairing knife, make little slits around the top and sides of the roast and stuff each one with a thin sliver of garlic and some rosemary. Tie the roast in a few places with some kitchen twine, then place the roast in a resealable bag and set aside.

2) In a small bowl, whisk together the wine, olive oil and pinch of salt, add to the bag with the roast, toss to coat, seal tightly (do your best to get rid of most air in the bag) then flip it upside side down making sure the top of the roast (the part with all the slits) is sitting in the marinade to really permeate all the way through and allow it to marinate up to 8 hours.

3) Preheat your oven to 350 degrees. Take the beef out of the marinade and dry really well with some paper towels then season well all over with plenty of salt and pepper and set aside. Add a small drizzle of olive oil to a cast iron skillet, then preheat over medium high heat, once the oil starts shimmering, add the roast and sear really well on all sides, then pop it in the oven and roast for 40-45 minutes or until the internal temperature reaches 130 degrees, remove from the oven onto a plate, cover with foil and allow it to rest for 10 minutes while you make the sauce.

4) While the roast is in the oven, mix the ingredients for the sour cream sauce and refrigerate until needed.

5) In the same skillet, add one tablespoon of butter, then add the shallots and sauté until tender, deglaze with the wine, reduce by half then add the stock, reduce that by half as well, finish with the butter, once thickened and glossy, taste and adjust for seasoning then thinly slice the beef and serve with both sauces.

