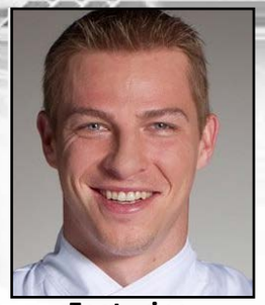

Featuring
Chef Darryl Crumb

Eat Like An Athlete

Presented By Manitoba Beef Producers

Garlic Studded Roast Beef

In this recipe, slivers of garlic infuse the beef with rich, garlicky flavour. This recipe is perfect for a dinner party or feeding a big group and there is always plenty of leftovers. Your guests will also appreciate that there are only 218 calories per serving and 26 grams of the protein our bodies need.

7 lb (3.18 kg) Beef Premium Oven Roast (Prime Rib, Strip Loin or Rib Roast)
8 cloves garlic, cut into thin slivers
Salt and pepper
2 tbsp (30 mL) Worcestershire sauce or grainy mustard (optional)
Simple Pan Gravy (recipe follows)

1. Cut shallow slits all over roast; insert garlic slivers into slits. Rub all over with Worcestershire sauce OR pat roast dry with paper toweling and season with salt and pepper.
2. Place roast, bones down, on rack in shallow roasting pan. Insert oven-safe meat thermometer into centre of roast. Roast, uncovered, in 450°F (230°C) oven for 10 minutes. Reduce heat to 275°F (140°C); roast until thermometer reads 135°F (57°C) for medium-rare to medium, about 2-3/4 to 3-1/4 hours.
3. Remove from oven. Cover loosely with foil and let stand for 15 to 30 minutes before carving. Make Simple Pan Gravy (if desired).
Simple Pan Sauce/Gravy: Heat roast drippings over medium-high heat; add splash of red wine, stirring up any browned bits from bottom of pan. Stir in 2 cups (500 mL) beef broth. Strain (if desired) and skim off any fat; return to pan. Thicken by cooking until broth reduces (an au jus-style sauce) or thicken by stirring in a cornstarch/cold water mixture* for more of a gravy. Season to taste. Add splash of heavy cream and/or balsamic or wine vinegar to taste, if desired.

Difficulty: Easy **Preparation: 10 min**
Cooking: 3 hr **Makes: 8-10 with leftovers servings**
Best Suited for: Dinner Party,Cook once eat twice.

Nutritional Information

Per Serving (218 Calories, 26 g protein, 10 g fat, 3 g carbohydrate. Good source of iron (21% DV) and excellent source zinc (73% DV))

Recipe and nutritional info courtesy of Canada Beef

Starting your child on solids? Put beef on the menu

Iron-rich foods such as beef or other meats and alternatives are now recommended as first foods for baby at around 6 months of age. To help babies get enough iron, new guidelines from Health Canada now recommend introducing iron-rich foods at 6 months of age. This differs from the past practice of introducing infant cereal, vegetables and fruit first.
WHY THE CHANGE? Beef and other meats are some of nature's best sources of high quality protein and contain a form of iron that is most easily absorbed by your baby – better than fortified cereals or other plant protein sources.

MANITOBA BEEF PRODUCERS™

If You Can't Play Like An Athlete You Can Still Eat Like One!

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