

## Roast Beef

### Boneless Beef Roast

1 bag of Curley's Roast Beef Pump & 1 bag of Curley's Roast Beef Rub.

#### **Pump Procedure**

- \*Trim beef rib of excess fat and lay beef rib on a large cookie sheet or pan.
- \*Mix Curley's Roast Beef Pump to directions.
- \*Draw roast beef pump into meat pump.
- \*Push needle of pump all the way into meat, slowly pull needle out while injecting meat with pump. This is for good distribution of pump. Do this every 2 inches or so on entire roast.
- \*Note: you will have some roast pump run out of meat.

#### **Rub Procedure**

- \*Place rib on a clean dry cookie sheet or pan and liberally rub rib with Curley's Roast Beef Rub. Meat should have a dark, almost black color after being rubbed.
- \*Make sure to rub all sides of meat, when done meat will have a black color. Use plenty of rub.

#### **Cooking Roast Beef**

- \*Wrap meat in aluminum foil and lay meat in a large roasting pan or electric roaster.
- \*Add 2" of water to pan.
- \*Cook for: 170 degrees for 1 hour, 180 degrees for 1 hour, 190 degrees for 1 hour, 200 degrees for 2-3 hours or until desired wellness (145-150 degrees internal is a nice medium rare)
- \*If oven does not go down to above temperatures, set oven at 200 degrees and cook for 4-5 hours. Use thermometer to take out guess work. Open foil and remove meat, slice to desired thickness. Use drippings for Au Jus or gravy.

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