

TOP SIRLOIN ROAST

Last Modified: 05/06/2014

PREP: 100+ Hrs
COOK: 2 Hrs 30 Min
OVEN: 220 & 500

F MEDIUM

BEEF

MAKES 8 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
5 ~ 6	Pounds	Whole Top Sirloin Roast (Prime Grade)	Trimmed
3	Cups	Recipe: Sauce - Stock - Roast Beef Au-Jus	
OR			
3	Cups	Quick Au-Jus (Below)	
OR			
2	Cups	Canned Au-Jus (Quicker Still, But SALTEEE)	
3	Tbsp	Coarse Kosher Salt	Divided
3	Tbsp	Extra Virgin Olive Oil (EVOO)	
4	Pinches	Flaked Sea Salt	

FLAVOR PASTE			
2	Tsp	Ground Fennel	
2	Tsp	Ground Coriander	
2	Tsp	Sweet Hungarian Paprika	
1	Tsp	Dried Oregano	
4	Cloves	Garlic	Minced
6	Whole	Anchovy Fillets (Talatta)	
		Rinsed & Patted Dry	
1/4	Cup	Extra Virgin Olive Oil (EVOO)	
1	Tsp	Freshly Ground Black Pepper	

QUICK AU-JUS			
	ALL	Fond From Roasting Pan	
2	Tbsp	Worcestershire Sauce (Lea & Perrins)	
3	Cups	Low Sodium Beef Stock (Swanson)	
2	Cups	Dry Red Wine (Pinot Noir)	

PREPARATION	
FACTOID	A Top Sirloin Roast prepared in this manner will rival a Prime Rib Roast at 1/4 of the cost. Try this one time and it will instantly become your Roast Beef Dinner of choice!
FACTOID	A whole Top Sirloin Roast can end up "dry" because there is no fat cap attached. You want a "Prime Roast", but that can sometimes be very difficult to find. Usually a "Choice" Roast is entirely sufficient for here. DO NOT EVEN CONSIDER purchasing a Select Roast. Purchase a whole Top Sirloin Roast at least 4 days ahead of time and dry-age it in order to concentrate the flavors. Prime Grade Beef is ALWAYS labeled as "USDA Prime". Choice Grade Beef is ALWAYS labeled as "USDA Choice". Select Grade does not have to be labeled at all since it is the "assumed" USDA grade.
HINTS	TRIMMING A TOP SIRLOIN: Trimming is usually unnecessary, but you do want to cut the Roast into two equally sized pieces for tying and Roasting - OR, Freeze one for a future Sunday dinner. Do NOT Roast this Sirloin Roast in one piece.

TOP SIRLOIN ROAST

DRY AGEING BEEF	Pat the Roast dry with paper towels and place on a wire rack in a shallow pan with a paper towel in the bottom to catch any drippings (change the drippings towel DAILY). Set it uncovered in the bottom (coldest) shelf of a refrigerator for 4 days. Just prior to roasting, thinly shave off any pieces of exterior meat that have become completely dehydrated (funky looking) before cooking. An 8 pound roast will lose well over 1/2 pound during this most important ageing process.
TOOLS	1) Large Stainless Steel Skillet 2) Food Processor OR Blender 3) Butchers Twine 4) Large Aluminum Sheet Pan & Wire Rack 5) Meat Probe Thermometer
PREP	DISH 1) Mince the Garlic Cloves and set them aside. 2) Preheat the oven to 220 degrees with a rack 1 up from the lowest position.
1	4 Days Before: Cut the Roast into two equal sized pieces lengthwise with the grain. You want to end up with 2 Roasts that can be sliced evenly across the grain.
2	4 Days Before: Evenly pat the entire surfaces of both Roasts with the Kosher Salt. Dry-age the roasts uncovered for up to 4 days before roasting (See Dry Ageing Beef above). You can shorten this time but an absolute minimum of 24 hours is REQUIRED.
3	3 Hours Before: In a large skillet over medium high heat, heat the EVOO to the smoking point. Sear one roast at a time, turning until it is golden brown on all surfaces, 6 to 7 minutes more.
4	ROASTS: Allow the Roasts to cool down for 10 minutes.
5	FLAVOR PASTE: Add the Fennel, Coriander, Paprika, Oregano, Garlic, Anchovies and EVOO into a food processor. Process the mixture for about 1 minute (scraping down the
6	FLAVOR PASTE: Add the Black Pepper into the food processor and pulse it 4 times.
7	ROASTS: Tie each Roast tightly with evenly spaced Butchers Twine about every 1 inch. Trim off the loose ends.
NOTE	The tight Butchers Twine will insure that they roast evenly.
8	ROASTS: Hand rub each Roast evenly with the Flavor Paste mixture and place the Roasts knot side down on rack in a large aluminum sheet pan. Insert the temperature probe into the center of one of the Roasts.
NOTE	Preparing the Au-Jus now instead of waiting until the Roasts are done, allows you to greatly reduce it over low heat to achieve a very thick and flavorful Sauce.
9	ROASTS: Roast the Sirloin for 2 to 2 1/4 hours. Until the internal temperature reaches 130 degrees (Medium Rare).
10	ROASTS: Remove the Roasts from the oven. Tent them with Aluminum Foil and allow them to rest for 30 minutes.
11	AU-JUS: Pour the Meat Juices into a small saucepan over medium heat. Add in enough Beef Stock to make 3 Cups. Whisk in the Worcestershire Sauce and Red Wine. Bring the mixture to a boil and lower the heat to a simmer. Reduce until the meat is ready to serve.
12	ROASTS: Raise the oven temperature to 500 degrees. Remove and discard the Butchers Twine. Place the Roasts back in the oven for about 8 minutes.
13	ROASTS: Immediately slice the Roasts across the grain into thin (1/4") slices and arrange them on a warm serving platter.
SERVE	Drizzle lightly with the Au-Jus and sprinkle with a little Flaked Sea Salt and serve while hot with side dishes of your choice.