

Beef Roast

Preheat oven to 350°

4 to 5 lb. Beef Roast
2 T. Extra Virgin Light Olive Oil
1 t. Garlic Salt
1 t. Onion Powder or 1 small onion
½ t. Salt
1 t. Black Pepper
1 t. Emeril Lagasse's Original Essence
2 Cubes Beef Bullion

Trim fat from roast and sear each side of the roast in hot olive oil. Place roast in a deep roasting pan. Unwrap the 2 cubes of beef bullion and put into 2 cups boiling water and let dissolve. Pour over the roast. Sprinkle garlic salt, salt, black pepper and Emeril Lagasse's Original Essence Seasoning over the roast, covering every part. Let cook at 350 ° for one hour and then reduce to 250° and cook for 20 minutes per pound, occasionally adding water if the necessity arises. This will produce the juiciest, most tender roast you have ever eaten. Checking the water levels constantly is important as you will wish to have enough liquid for gravy when the roast is done.

Gravy:

Pour juice from roasting pan into a sauce pan and turn on a low heat and bring to a boil. Take ¼ cup flour and mix it thoroughly into ½ cup cold water. Once it is smooth, pour into boiling liquid and whisk until completely blended and thickened.

Good to serve with this:

A crisp green salad
Corn
Homemade Bread (fresh from the oven)
and a drink of your choice.

Happy Eating.

