

# Beef Tenderloin and New York Strip Roast Recipes



By **Sam the Butcher**

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These roasts are different than a Rib or Spoon Roast. They're already very tender and narrower than the other denser roasts, so we cook these differently.

We like to cook them two ways, either high heat for a shorter period or pan sear and then finish in the oven. The searing or high heat, caramelizes the outside of the roast before the inside is cooked and will give you that nice roasted flavor we're used to with larger cuts of roast beef.

Both of these roasts are better when **not** over cooked, especially the tenderloin. The tenderloin is very lean and when overcooked they're dry and lose a lot of their flavor. Whole tenderloins taper down to a tail and our butchers can tie that underneath the rest of the roast for a more consistent thickness throughout the roast.

The NY strip roast is one of my favorites and a truly delicious experience to enjoy it's "beefy" flavors, different than the rib or the tenderloin.

As with the Rib Roasts, there are multiple recipes on line.

## *Some of the key cooking techniques to these are:*

- The need for an accurate thermometer
- Allow the roast to be at room temperature for about an hour before cooking
- Pat them dry and salt and season before either method of searing
- Searing the roast in high heat 400° to 425° and cooking roughly 10 min per pound (best for the strip roast)
- Pan searing all sides on top of the stove and finishing the roast at 400° in the oven. (best for the tenderloin)
- The main key is this caramelization of the roast, a definite flavor changer!
- Once you remove it from the oven, this high heat cooking will raise the internal temperature by about 10° degrees, so plan accordingly when removing the roast, otherwise it will be overcooked
- **Let it rest...**for at least 15 minutes!
- Slice thin and shingle onto the plate.

These roasts usually have a sauce with it rather than Au Jus, whether a bearnaise sauce, red wine pan reduction, mushroom or mustard sauces. All of these recipes are available on line.

## **Here are the suggested internal temperatures for these roasts:**

- Rare:** 120° to 130° degrees Fahrenheit
- Medium Rare:** 130° to 135° degrees Fahrenheit
- Medium:** 135° to 140° degrees Fahrenheit
- Medium Well:** 145° to 155° degrees Fahrenheit
- Well Done:** 155° degrees Fahrenheit

# Sam's Favorite Crown Roast of Pork Recipe

By **Sam the Butcher™**



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*Sam's Tip* – Order our premium quality pork roast ahead with Sam the Butcher in your neighborhood Big Y

## Ingredients for approximately an 8 lb. roast, tied in a circle

Use a pan slightly larger than the roast

1/4 cup Olive Oil (approx.)

1 Tbsp. finely chopped garlic

1 tsp. each dried Thyme, oregano and rosemary  
(or Herbs de Provence)

2 Tbsp. chopped fresh parsley

Approx. 1 Tbsp. Kosher Salt

1 tsp. coarse black pepper

Apple cider, water or white wine to keep the pan from burning

Add your favorite stuffing recipe to the inside. Cook additional stuffing separately.

- This roast has a beautiful presentation and is something you should present on a platter prior to carving.
- The roast has the backbone removed so it's easy to carve between the rib bones.
- Usually 2 chops per person and a full crown is 16 ribs, serves 8 to 10.
- Don't over cook it, cook to 150° degrees and let it rest
- If it's stuffed, make sure you check the internal temperature of the stuffing, like you would on a turkey
- Stuffing, although optional, are best that include fruits, like apples or cranberries, pecans etc. there are many recipes on line. Epicurious.com has a nice recipe for stuffing
- Cover just the bones and stuffing (if applicable) with foil until the last 30 minutes of cooking to brown them up without burning them
- Some recipes call for pre-brining the pork with a salt blend with apple cider and other spices, although not mandatory, it imparts even more flavor to the roast. Bon Appetit.com has a great recipe for brining.

## Directions:

- Preheat oven to 350 degrees
- Place the roast in the pan, mix all the spices and oil and generously rub over the whole roast
- Add the Stuffing if applicable, and cover the rib tips with foil.
- Roast for approx. 2 – 2 ½ hours to 150 degrees, let the roast rest for 15- 20 minutes and carve.
- Really an easy roast that make a statement with it's presentation