

## Roast Beef

*I like standing rib roast the best and I buy them on sale. It is threaded with fat and has the ribs on which makes the roast tender.*

I always start my beef roasts from the frozen state.

Put roast in pan. Pour a bit of oil (I use Mazola) on top to seal & then add some salt & pepper. Cover and start it on fairly high heat.

If it's approx. 4 pounds, I would start it at 400 for about  $\frac{3}{4}$  hour and then turn down to 350. A roast this size I would put in around 3 PM and it would be done between 5 & 5:30.

A bigger roast I would start at 425 then turn down to 350. It would take approximately 1 hour longer.

Fork check for tenderness – don't cut. I let it set about 15 min before carving.