

OVEN COOKING METHOD FOR ROAST BEEF AND BLACK PEPPER SAUCE.

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Preparation Time; 1 hour.

Cooking Time; 3 hours and a half.

With a medium Roast this Recipe will yield about 6 to 8 Portions for adults.

COOKING THE ROAST BEEF (Has to be boneless)

All the ingredients below apply for this section only. Use a Glass Pyrex Cook Ware of 11 by 15 inches.

- 1 1.5 kg. to 2 kg. Roast Beef (Cross Rib Roast).
- 1 Cup of Water.
- 3 Table Spoon of Concentrated Beef Bovril.
- ¼ Tea Spoon of Salt.
- ¼ Tea Spoon of Ground Black Pepper.
- 1 Yellow Onion (medium) (cut in small pieces)

Cook the Roast in the Pyrex cooking Ware with ½ inch of water at the bottom of the pan. Spread 3 Table Spoon of Bovril all over the Roast Beef surface, and powder with the Salt and Pepper. Cut the Onion in small pieces and spread all over the Roast and the pan. **Preheat the Oven at 375 degrees F. and let cook for one hour.** Do not open the oven door during all this time. **(Do not cover the Roast for now).** **Pre heat 2 cups of hot water mixed with 2 Table Spoon of Bovril and after one hour** of cooking pour the hot water on the Roast, then continue cooking the roast at the same temperature **(375 degree F.)** for another 30 minutes. Do the above very quickly to minimize heat loss. Never let the bottom of the pan run dry.

After one hour and a half off cooking the roast is now partially done and can be removed from the oven for cutting. Let the Roast cool down a bit then remove any tied up ropes around it and cut the Roast in slices of about ¼ to ½ inch thick. Transfer all remaining juice from the cooking pan into the Pot for making the Pepper Sauce below. Now you can place the cut Roast Beef Slices spread all over the bottom of the Pyrex pan.

INGREDIENTS FOR THE PEPPER SAUCE:

All the ingredients below apply for this section only.

- ½ Cup of butter (or 1/2 Cup of Margarine).
- ¾ Cup of all Purpose White Flour.
- 1 Yellow Onion (medium) (cut in small pieces)
- 4 Cup of Water.
- ½ Tea Spoon of Garlic **Powder** (Not garlic salt)
- ¼ **Tea Spoon of Ground Black Pepper.**
- ¼ Tea Spoon of Salt.
- 2 Pinch de Sage.
- 2 Pinch de Savory.
- 2 Table Spoon of Concentrated Beef Bovril.
- 1 Table Spoon of Chicken Base Powder.
- 1 Table Spoon of Cilantro Leaves in flakes.
- 1 Cup of red wine – May I suggest the **Proprietor's Reserve (Shiraz)** you will love it, I am sure.

Brown the Onions at high heat with the Butter or Margarine, then add a little flour at a time and stir well like if you were making a White Sauce and when the mix is thick enough add the wine, the water and all above seasonings. When you start to get a gentle boil bring the heat to medium and add the rest of the flour gradually while briskly stirring the sauce to make it thicker. Stir and thicken the Sauce for another 10 minutes. When you are done thickening the Sauce and used up all the flour drain the Sauce to remove the Onions and any unbroken flour to have a nice clear and thick Sauce. **After draining the Sauce add to it 3 Table Spoon of WHOLE GRAIN BLACK PEPPER. If you don't like to have whole pepper grains when serving your sauce you will have to drain the sauce again after cooking the sliced Roast Beef.**

Pour all the Sauce with the whole pepper grains over the sliced Roast Beef in the Pyrex pan to completely cover all the slices. Then cover the Pyrex pan hermetically with an Aluminum Foil and put it in a pre heated Oven at **225 degree f. for Two Hours.** This may vary depending on the thickness of the slice and the size of the Oven. In general if the slices are not cook enough they will be hard to cut and if they are over cooked, they will break very easily with a fork. The best thing is somewhere in between those two extremes. After a couple of Roast it will be easier for you to judge of the time you will need to cook your Roast depending on its size. When the 2 hours are done remove the roast from the oven and remove the aluminum foil. The roast is ready to be served but if cooled down and put in the fridge and reheated the next day, the meat will have more time to absorb all the spices in the sauce and it will taste much better. **The same cooking technique can be used for Veal, Pork or Lamb Roasts.**

BON APPÉTIT.