

**ROAST BEEF with PEPPERCORN  
WINE SAUCE and MAKE-AHEAD  
GLAZED BEETS**



# Roast Beef with Peppercorn Wine Sauce and Make-Ahead Glazed Beets

Serves 10 | Preparation and Cook Time: 2 hours 20 minutes

## Ingredients

- 4 lb (2 kg) PEI Certified Beef - Beef Oven Roast (e.g. Strip Loin, Rib and Top Sirloin)
- 5 cloves garlic, cut into slivers
- Sea salt and coarsely ground pepper
- Peppercorn Wine Sauce (*recipe follows*)
- Glazed Beets (*recipe follows*)



## Instructions

Cut shallow slits all over roast; insert garlic slivers into slits. Rub all over with coarse salt and pepper. Place, fat side up, on rack in shallow roasting pan (no water is necessary). Insert oven-safe meat thermometer into centre of roast, avoiding fat or bone. Oven-sear by placing uncovered roast in preheated 450°F (230°C) oven for 10 minutes.

Reduce heat to 275°F (140°C). Cook until thermometer reads 145°F (63°C) for medium-rare, about 2 to 2-1/2 hours. Remove from oven.

Place roast on cutting board; cover with foil and let stand for at least 15 minutes. Meanwhile, make Peppercorn Wine Sauce. Carve roast into thin slices and serve with hot sauce and Glazed Beets (*recipe follows*).

## Peppercorn Wine Sauce:

Drain off all but 2 tbsp fat from roasting pan. Heat pan drippings in roasting pan over medium-high heat. Stir in 2 tbsp all-purpose flour; cook, stirring constantly, for 1 minute. Gradually stir in 1 cup (250 mL) EACH sodium-reduced beef broth and red wine or Madeira and 2 tsp cracked mixed peppercorns. Cook, stirring up any browned bits from bottom of pan. Whisk until sauce boils and thickens, about 4 minutes. Makes 1-1/4 cups.

## Glazed Beets:

Place ten 3-inch whole beets in a pot with enough water to just cover; bring to boil over high heat. Reduce heat and simmer covered for 30 minutes. Turn heat off and let stand covered for 1 hour or more. Use a paper towel to slip skins off. Cut into slices; sauté in 2 tbsp butter to heat through. Toss with 2 tbsp EACH chopped chives, green onion or fresh dill and a splash of vinegar or lemon juice. Season with salt and pepper to taste.



[www.abpi.ca](http://www.abpi.ca)