



Cider Marinated Beef Roast

1 medium onion
3 garlic cloves
1 beef roast, 4 lbs. boneless rump, sirloin tip, or cross-rib
chuck, tied
2 cups apple cider
2/3 cup salad oil
1 tablespoon lemon juice
1 bay leaf
1 teaspoon salt
1 teaspoon thyme
1 teaspoon whole allspice
1 teaspoon dry mustard
1/2 teaspoon pepper
2 tablespoons cornstarch

1. Remove the skin from the onion and garlic. **Scrub the onion and garlic with a vegetable brush while holding under cold running water. Dice the yellow onion on your produce cutting board.** Smash the garlic using the flat side of a butter knife (do not completely crush).
2. Remove wrapper from beef and make about 2 dozen slits 1 inch deep on the outside of the meat. Place meat in a large glass or plastic bowl. **Wash hands using soap and water after handling beef.**
3. In a bowl, combine apple cider, salad oil, lemon juice, onion, garlic, bay leaf, salt, thyme, allspice, mustard, and pepper.



5. **Pour the mixture over the beef and cover tightly with aluminum foil. Place the beef on the bottom shelf of the refrigerator and allow the beef to marinate for 4 hours or more.**
6. Remove roast from marinade. Place on roasting pan. **Insert meat thermometer so it reaches the center of the thickest part of the roast.**
7. Heat the oven to 300°F. **Bake the beef until thermometer reaches 145°F, about 2 hours.** Remove beef and place onto warm platter.
8. Strain the leftover marinade. Skim fat from roasting pan and discard. Add marinade to the drippings, reserving 2 to 3 tablespoons of the marinade liquid to mix with cornstarch. In a sauce pan heat the marinade liquid to a boil. Mix corn starch with 2 to 3 tablespoons of the marinade liquid. Stir cornstarch into boiling liquid and continue cooking until thickened. Pour sauce over the beef roast.
9. Slice very thinly to serve.

Additional Food Safety Notes Related To This Recipe

- Check your refrigerator thermometer, making sure that the refrigerator is not warmer than 40°F.
- Always store raw beef on the bottom shelf of the refrigerator, away from fresh produce, ready-to-eat foods, and cooked foods (leftovers). Place the beef package on a pan or plate to catch any juices that may drip.
- Defrost frozen beef on the bottom shelf of the refrigerator. Place the beef package on a plate or a pan to catch any juices that may drip. This method of defrosting usually takes 1 day.

Recipe Source

<http://www.cooks.com/rec/view/0%2C193%2C157182-247206%2C00.html>