

Herb-Crusted Petite Roast With Fig-Onion Relish

While this Top Sirloin Petite Roast cooks in this oven, onions are gently sautéed in butter for an impressive fig-onion finishing sauce.

INGREDIENTS

1 beef Top Sirloin Petite Roast (3 to 4 pounds) - One beef Top Loin Petite Roast (3 to 4 pounds) may be substituted for Top Sirloin Petite Roast. Roast in 325°F oven 1 to 1-1/4 hours for medium rare; 1-1/4 to 1-1/2 hours for medium doneness.

2 tablespoons chopped fresh thyme

1 tablespoon coarse grind black pepper

3 cloves garlic, minced

2 tablespoons butter

2 cups finely chopped onions

1 cup dried Mission and/or Calimyrna figs, chopped

1/2 cup water

1/4 cup white wine vinegar



3.00
Hours



16
Servings



42 Cal



26g
Protein

COOKING

1. Preheat oven to 325°F. Combine Seasoning ingredients; reserve 2 teaspoons for Sauce. Press remaining seasoning evenly onto all surfaces of beef roast.

2. Place roast, fat-side up, on rack in shallow roasting pan. Insert ovenproof meat thermometer so tip is centered in thickest part of beef, not resting in fat. Do not add water or cover. Roast in 325°F oven 1-1/2 to 1-3/4 hours for medium rare; 1-3/4 to 2-1/4 hours for medium doneness.

3. Meanwhile, prepare Relish. Melt butter in large nonstick skillet over medium-low heat; add onions and reserved 2 teaspoons seasoning. Cook 20 to 25 minutes or until onions are tender and lightly browned. Add figs, water and vinegar; bring to a simmer. Simmer 4 to 5 minutes or until liquid has reduced and thickened. Remove from heat; season with salt, as desired. Keep warm.

4. Remove roast when meat thermometer registers 135°F for medium rare; 150°F for medium. Transfer roast to carving board; tent loosely with aluminum foil. Let stand 10 to 15 minutes. (Temperature will continue to rise about 10°F to reach 145°F for medium rare; 160°F for medium.)

5. Carve roast into slices; season with salt and pepper, as desired. Serve with Relish.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
16		7g	78mg		11g	26g	1	0

*The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Courtesy of BeefItsWhatsForDinner.com