

Red Eye-Rubbed Beef Roast With Roasted Garlic And Caramelized Onion Jam

Satisfy your taste buds with this deeply flavorful espresso and paprika-rubbed roast recipe.

INGREDIENTS

1 beef Coulotte Roast, Sirloin Cap Roast or Picanha, 1/8" fat trimmed (about 2-1/4 pounds)

3 tablespoons espresso coffee powder

2 teaspoons smoked paprika

1 teaspoon kosher salt

1 teaspoon garlic powder

1 teaspoon coarse grind black pepper

1 teaspoon chili powder

1 head of garlic

3 teaspoons olive oil, divided

2 tablespoons butter

2 onions, diced

1 granny smith apple, peeled, cored and diced

3 tablespoons packed brown sugar

2 teaspoons salt

1 teaspoon ground white pepper

3 tablespoons white balsamic vinegar

Snipped chives



2.25

Hours



8

Servings



42 Cal



24g

Protein

COOKING

1. Preheat oven to 350°F. Combine Rub ingredients in small bowl; press evenly onto beef Coulotte 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.

Cut about 1/4 inch off top of garlic head, exposing cloves. Remove outer papery skin, leaving head intact. Place in center of 12-inch square heavy-duty aluminum foil; drizzle with 1 teaspoon oil. Bring two opposite sides of foil over garlic; seal with double fold. Fold in open ends to seal. Place alongside roast in pan.

Roast beef in 350°F oven 55 to 65 minutes for medium rare; 65 to 75 minutes for medium doneness. Roast garlic 1-1/4 to 1-1/2 hours or until very soft and golden brown; set aside.

3. 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.)
4. Meanwhile, heat butter and remaining 2 teaspoons oil in large nonstick skillet on medium heat until hot. Add onions, apple, brown sugar, salt and white pepper. Cook 18 to 20 minutes until onions are caramelized and brown, stirring occasionally. Remove roasted garlic from foil and smash into a paste with the back of a spoon. Add roasted garlic into onion mixture; cook 1 minute, stirring so garlic is combined. Add vinegar; cook 1 minute. Season with salt and pepper, as desired.
5. Carve roast into slices; season with salt and pepper, as desired. Serve with Roasted Garlic and Onion Jam. Garnish with chives.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
8		18.2g	83mg		15g	24g	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