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Roast Beef Cooking Instructions

1. The first step in preparing consistently delicious Roast Beef is to invest in a quality internal stem thermometer. This will not only assure a succulent roast done to your liking, it will also insure your meal was cooked in accordance with food safety guidelines. This greatly decreases the chance of illness.

The next steps are to:

2. preheat oven and empty roasting pan at 500 degrees. (approx 10 mins)
3. season the roast on all sides with a generous amount of salt, pepper, and garlic powder or other seasoning combinations of your choice.
4. place the meat in the preheated roasting pan, fat side down, for approximately 15 minutes or until a desired color is obtained.
5. Turn roast over and let other side brown to your liking. Approximately 15 minutes.
6. After steps 4 & 5 are complete, turn oven temperature down to 250 degrees.
7. After approximately 2 1/2 hours, check internal temperature. If desired doneness is reached, remove from roasting pan.

Recommended Internal temperature readings are approximate as follows:

rare	125 degrees
medium	135 degrees
well done	160 degrees