

Roast Beef

with Smashed Potatoes, Roasted Root Vegetables & Gravy

Roast beef is a majestic winter meal. A national dish of England, it was traditionally served with “Sunday dinner.” This festive, weekly occasion featured many of the same dishes that typically appeared on holiday tables, but in a more casual setting. Here, we’re taking that custom to heart with a perfectly cooked roast, seasoned with savory herbs and served alongside an assortment of delicious root vegetables.



Ingredients

1 Eye Round Roast
1½ Pounds Yukon Gold Potatoes
11 Ounces Purple Top Turnip
10 Ounces Parsnip
2 Carrots
2 Cloves Garlic
1 Lemon
1 Large Bunch Parsley
1 Large Bunch Thyme
1 Bunch Rosemary

Knick Knacks

4 Tablespoons Beef Demi-Glace
4 Tablespoons Butter
¼ Cup Heavy Cream

Makes 4 Servings

About 690 Calories Per Serving

Cooking Time: 35 to 45 minutes



1



Prepare the ingredients:

Preheat the oven to 450°F. Wash and dry the fresh produce. Large dice the potatoes. Peel and mince the garlic; smash with the side of your knife until it resembles a paste. Pick the rosemary, thyme and parsley leaves off the stems; roughly chop the leaves, keeping each herb separate. Using a peeler, remove the yellow rind of the lemon, avoiding the white pith; mince the rind to get 2 teaspoons of zest. Quarter the lemon; remove the seeds. Peel the carrots and parsnip; cut into small sticks. Peel the turnip and cut into wedges.

2



Roast & dress the vegetables:

Place the **carrots, parsnip, turnip** and a **pinch of both the rosemary and thyme** on a sheet pan. Drizzle with olive oil and season with salt and pepper; toss to coat. Arrange the seasoned vegetables in a single, even layer and roast, stirring halfway through, 28 to 30 minutes, or until tender. Transfer to a bowl and toss with **half the parsley, the juice of 2 lemon wedges** and **as much of the lemon zest as you'd like**. Toss to thoroughly combine; season with salt and pepper to taste. Set aside.

3



Brown & roast the beef:

While the vegetables roast, in a small bowl, combine the **garlic paste** and **remaining rosemary and thyme**. Season the **beef** on all sides with salt and pepper; rub with the garlic-herb mixture. In a large pan, heat 2 teaspoons of olive oil on medium-high until hot. Add the seasoned beef; cook, turning occasionally, 5 to 7 minutes, or until browned on all sides. Transfer to a baking sheet, leaving any browned bits (or fond) in the pan. Roast, on a separate rack from the vegetables, 21 to 24 minutes (a meat thermometer should read 120°F), or until cooked to your desired degree of doneness. Transfer to a cutting board and let rest for at least 10 minutes.

4



Cook & smash the potatoes:

While the vegetables and beef roast, add the **potatoes** to the pot of boiling water. Cook 12 to 14 minutes, or until tender when pierced with a fork. Drain thoroughly and return to the pot. Using a fork, smash the potatoes with **half the butter**; gradually stir in the **heavy cream**. Season with salt and pepper to taste. Set aside.

5



Make the gravy:

While the beef rests, to the pan of **reserved beef fond**, add the **beef demi-glace, remaining butter, the juice of the remaining lemon wedges** and **¼ cup of water**. Cook on medium, stirring constantly, 1 to 2 minutes, or until thoroughly combined and slightly reduced in volume.

6



Finish & serve your dish:

Find the lines of muscle (or grain) of the beef; thinly slice the beef against the grain. Add any juices from the cutting board to the pan of gravy. Transfer the **roasted vegetables** to a serving dish. Top with the **sliced beef** and some of the **gravy**; serve the **smashed potatoes** on the side. Garnish with the **remaining parsley**. Transfer the **remaining gravy** to a serving dish. Enjoy!