



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

1/4 Cup Heavy Cream

Makes 4 Servings

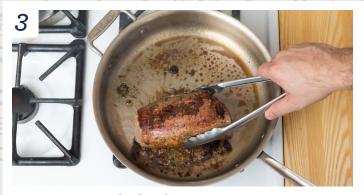
About 690 Calories Per Serving

Cooking Time: 35 to 45 minutes



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.



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.



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.



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.



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.



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!