AMERICAN

Deli-Style Roast Beef

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Involved	**8**	**15 min + overnight**	**1 hr 30 min**	**Roast**	**Inside round**

Ingredients

- 1.8 kg (4 lb) inside round roast, tied with string
- 2 tbsp kosher salt
- 1 tbsp black pepper
- 2 tsp garlic powder
- 2 tsp onion powder
- 1 tsp dried thyme
- 1 tsp smoked paprika
- 2 tbsp vegetable oil

Steps

1. The day before, mix the salt, pepper, garlic powder, onion powder, thyme and paprika. Rub it over the roast. Leave uncovered on a rack in the fridge overnight. This is a dry-brine and it seasons the meat deeply.
2. Take the roast out 1 hour before cooking. Heat the oven to 230°C (450°F).
3. Rub the roast with oil. Place it on a rack in a roasting pan and roast for 15 minutes, until the surface starts to brown.
4. Lower the oven to 120°C (250°F). Continue for 1 to 1¼ hours, until a probe in the centre reads 52°C (125°F).
5. Turn the oven off and leave the roast inside, door closed, for 10 minutes more for even cooking.
6. Move to a board and rest 20 minutes. The centre will climb to about 57°C (135°F), a medium-rare pink.
7. For deli-thin slices, chill the roast fully, then slice against the grain with a very sharp knife or a meat slicer.

Notes

- **Chilling helps:** cold roast beef cuts in whisper-thin slices that warm meat will never give.
- **Serving:** pile on rye with horseradish mayo, or layer in a roll with provolone.
- **Safety:** rare beef is not advised for pregnant or immunocompromised people; cook the roast to 63°C (145°F) for them.
- **Storage:** wrapped tightly, it keeps 3–4 days in the fridge.
- **Freezer:** freeze slices in meal-sized packs with parchment between layers for up to 3 months; thaw overnight in the fridge for sandwiches.