

JENNI MARIE'S TEST KITCHEN

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Beef Sirloin Cap Roast

Serves 2-3 People (depending on size of roast)

Equipment Needed:

- Roasting pan with rack (or makeshift rack)
- Cutting Board & Sharp Carving Knife
- Small Mixing Bowl
- Measuring Spoons
- 1.5 - 2.5 lb. Sirloin Cap Roast

Directions:

1). Remove roast from the fridge 2 hours before roasting to bring it closer to room temp. Gather all equipment and ingredients. Move oven rack to middle and preheat oven to 275°F. Prep a roasting pan with metal rack and set aside. Prepare Wet Rub by combining all ingredients in a small mixing bowl to make a paste:

- **2 T. Low FODMAP Garlic Oil (or regular olive oil)**
- **2 t. Grain Mustard**
- **1 t. Course Kosher Salt**
- **1 t. Low FODMAP Garlic Replacer (sub w/ 1 t. minced garlic OR 1/4 t. garlic powder)**
- **1/2 t. Dried Thyme**
- **1/2 t. Dried Rosemary**
- **1 t. Dried Ground Porcini or Shitake Mushroom Powder (optional)**
- **1/2 t. Brown Sugar**
- **1/4 t. Black Pepper**

2). Rub the beef roast all over with wet rub and place on prepared roasting pan with fat side up. Place in oven and set timer for 12 minutes per pound (My roast was 2 lbs. so I cooked it for 24 minutes). When timer beeps, turn oven off, and let the roast continue to rest in the oven for 50 minutes. **DO NOT OPEN OVEN DOOR!** After 50 minutes, turn oven on to low broil setting. Broil for 3-4 minutes, watching closely, to get the crust nice and crispy. Remove roast from oven, transfer to a cutting board, slice & serve immediately. I make my slices about 1/2" thick. Serve with au jus, horseradish, or sauce of choice. This pairs well with au gratin or mashed potatoes. Enjoy!

****Leftover meat can be sliced thin, submerged in au jus, refrigerated and used for French dip sandwiches the next day. We rarely have anything left in our house though.**

