

ROAST BEEF

Yield 100

Portion 4 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
276 cal	0 g	39 g	12 g	112 mg	86 mg	11 mg

Ingredient

PEPPER,BLACK,GROUND
BEEF,OVEN ROAST,TEMPERED

Weight

1/2 oz
40 lbs

Measure

2 tbsp

Issue**Method**

- 1 Place roasts fat side up in 18x20 roasting in pans according to size without crowding. Sprinkle with pepper.
- 2 Insert meat thermometer into center of thickest part of main muscle. DO NOT ADD WATER. DO NOT COVER.
- 3 Using a convection oven, roast 1 hour 45 minutes at 325 F., depending on size of roasts. Roast to desired degree of doneness. CCP: Internal temperature must reach 155 F. or higher for 15 seconds.
- 4 Let stand 20 minutes before slicing. CCP: Hold for service at 140 F. or higher.

Notes

- 1 26 pounds of precooked roast beef may be used.
- 2 Frozen roasts will require 1 hour or longer cooking time.
- 3 Remove roasts from oven when meat thermometer registers 140 F. for rare; 160 F. for medium; and 170 F. for well done.
- 4 Internal temperature will rise about 10 degrees during 20 minute standing period.