

## Dad's Roast Beef

### Ingredients:

a roast  
salt  
pepper  
2 packs of brown gravy mix  
Italian dressing (optional)

Again, I realize I'm being vague with the ingredients. Dad told me to get sirloin tip roast with the cap off, but then he said that because of the cooking method it wouldn't really matter. So I got 2 small rump roasts. It's way cheaper and I just tasted it, it's perfectly fine.

### Method:

If you're marinating the roast, just add enough dressing to coat the meat, not submerge it. Overnight is best, but try to marinate it for at least 4 hours. If you're not marinating the meat, rub with salt and pepper to season.

Preheat oven to 220 degrees. Place the meat into the roasting pan. No water is necessary if you're cooking it for 8 hours. Place the lid securely on the roasting pan and roast for 7-8 hours.

When the meat has cooked, remove it from the pan and place it on a plate to cool. Pour the drippings from the pan into a large bowl and stir in some ice cubes until they have dissolved. Place the bowl into the freezer for approximately 30-45 minutes to allow the fat to separate and rise to the top. Once the fat has separated, use a spoon to skim the fat from the surface.

To make the gravy, pour the skimmed drippings into a pot. Add 1 ½ - 2 cups of water and a dash of Kitchen Bouquet. Whisk in 2 packs of brown gravy mix and bring the mixture to a boil. If you prefer thicker gravy, make a slurry of cornstarch and water whisk into the gravy while it's at a rolling boil.

When the meat has cooled, slice or shred all of the meat and place back into the gravy. Serve over rice or potatoes, or on sandwich rolls.

Happy Eating!

Sharon

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