

**STEAMSHIP ROUND OF BEEF (ROUND, BONE-IN)**

Yield 100

Portion 6 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
470 cal	0 g	71 g	18 g	216 mg	115 mg	12 mg

**Ingredient**

BEEF,ROUND,BOTTOM,LEAN,RAW  
PEPPER,BLACK,GROUND

**Weight**

75 lbs  
1/2 oz

**Measure**

2 tbsp

**Issue**

**Method**

- 1 Use bone-in rounds. Rub each roast with pepper.
- 2 Place roasts in 18x24 roasting pans. DO NOT ADD WATER. DO NOT COVER. Insert meat thermometer in center of roasts; DO NOT touch bone with thermometer.
- 3 Using a convection oven, roast at 300 F. about 3 hours on high fan, closed vent and last 4 hours on low fan, closed vent, or until roast reaches desired degree of doneness. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 4 Let roast stand about 20 minutes before slicing. CCP: Hold for service at 140 F. or higher.

**Notes**

- 1 Remove roasts from oven when meat thermometer registers 140 F. for rare, 160 F. for medium, and 170 F. for well done.
- 2 50 pounds bone-in rounds may be used per 100 portions. EACH PORTION: 4 ounces.