

CAJUN ROAST BEEF

Yield 100

Portion 4 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
280 cal	1 g	39 g	12 g	112 mg	226 mg	20 mg

Ingredient

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
SALT	1-1/4 oz	2 tbsp	
GARLIC POWDER	1-1/8 oz	1/4 cup	
PEPPER,RED,GROUND	2/3 oz	1/4 cup	
PEPPER,WHITE,GROUND	2/3 oz	2-2/3 tbsp	
PEPPER,BLACK,GROUND	5/8 oz	2-2/3 tbsp	
ONION POWDER	5/8 oz	2-2/3 tbsp	
THYME,GROUND	3/8 oz	2-2/3 tbsp	
BASIL,DRIED,CRUSHED	3/8 oz	2-2/3 tbsp	
OREGANO,CRUSHED	3/8 oz	2-2/3 tbsp	
BEEF,OVEN ROAST,TEMPERED	40 lbs		

Method

- 1 Combine salt, garlic powder, red pepper, white pepper, black pepper, onion powder, thyme, basil, and oregano. Mix until well blended.
- 2 Trim excess fat from the roasts. Place in pan without crowding.
- 3 Sprinkle cajun spice mixture evenly over entire surface of the roast. Arrange in pan fat side up. Be sure entire surface of roast is covered with spice mixture.
- 4 Insert meat thermometer in the center of the thickest part of the main muscle.
- 5 Using a convection oven, roast 1 hour 45 minutes - 2-1/2 hours, depending on size of roast, at 300 F. on high fan, closed vent. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Let stand 20 minutes before slicing.
- 6 Cut 8 slices per pound. CCP: Hold at 140 F. or higher for service.

Notes

- 1 Arrange roasts in pans according to size. Allow 18 minutes per pound for rare, 20 minutes per pound for medium.