

STEAMSHIP ROUND OF BEEF (ROUND, BONELESS)

Yield 100

Portion 6 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
407 cal	0 g	62 g	16 g	187 mg	99 mg	10 mg

Ingredient

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

Weight

65 lbs
1/2 oz

Measure

2 tbsp

Issue

Method

- 1 Use boneless rounds or racks. 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.
- 3 Using a convection oven, roast at 300 F. about 3 hours on high fan, closed vent and last 2 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 40 pounds boneless rounds may be used per 100 portions. EACH PORTION: 4 ounces.