



Beef Roast on the Grill



I'm going to start off here, not with an actual recipe, but simply review my standard practices for grilling beef and pork. The results are fantastic, as you will see.

I do all of my grilling on a Weber grill with charcoal. For most everything I cook, I put the charcoal only on one half of the grill. The side with the charcoal is my "browning" side. The side without the charcoal is for cooking. This allows you to brown to your likeness, and then finish cooking without burning the food.

1. Always start with meat thawed to room temperature.
2. Dry meat well with paper towels.
3. Brush all sides of the meat with mayonnaise. Yes, mayonnaise. I won't go into detail, except to say that mayonnaise turns into an excellent cooking emollient, better than oil, and it does not affect the taste because it breaks down and does its job. It also holds any spices you may put on your meat. It provides for more even browning as well.
4. Grind plenty of fresh peppercorns over all of the meat. Don't spare the pepper!
5. Place the meat on the charcoal side of the grill to brown. Turn and adjust as necessary. Brown all sides, if possible, not just the top and bottom. Make sure you keep the grill lid on at all times (except when you're in there, of course!) This prevents flame flareups which will cause your food to get sooty, or absorb a charcoal flavor - not good. If you've eaten charcoal grilled food and can taste the grill, it was cooked improperly.
6. After browning to your requirements, move the meat to the side of the grill without the charcoal underneath. Insert a grill thermometer onto the coldest part of the meat. You may have to test different areas to find the sweet spot.
7. When the thermometer tells you the meat is done, use the thermometer to

make several temperature tests to make sure you are (again) measuring the coolest internal temperature.

8. I like around 128° for beef and around 140° for pork. It will probably take some trials for you to find your perfect preferences. When you've achieved perfection, take note of your temperatures, so your results will be consistent.

9. When done, remove the meat from the grill and let it rest for 5 minutes or so. Resting the meat helps allow the meat to retain its juices when it is sliced.

At a later date, I will document these steps with some pictures. For now, I just have pictures of the results. Notice that with this method, your roast has the same rareness or doneness from end to end. Yum!

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