



by *Kaylen Alexander*

“CHB Bites” is a column designed to keep you in-the-know about the Certified Hereford Beef (CHB®) program. To get involved with CHB on social media, search Certified Hereford Beef on Facebook and Pinterest, @certifiedherefordbeef on Instagram and @crtherefordbeef on Twitter.

The air has turned chilly and the birds have been stuffed. Thanksgiving has come and gone, leaving the excitement of Christmas in its path. In the midst of Hallmark Christmas movies, holiday parties and last-minute shopping for loved ones on your list, it’s easy to forget about one of the main holiday attractions — Christmas dinner.

While the Thanksgiving turkey was good, Christmas is the time to enjoy another culinary option — beef. Whether you prefer yours to be roasted or pan-seared, we can all agree on one thing: It’s not Christmas without a strip loin roast.

Waking up to the savory aroma of a roast in the oven doesn’t have to be a dream. It can actually be

quite simple. Although roasting can be scary, it is a much more enjoyable process if you remember these simple tips:

- 1) Keep it simple. You don’t need a lot of seasoning for a strip loin roast. Simple seasonings enhance the beefy flavor of Certified Hereford Beef (CHB®).
- 2) Use a thermometer. No eyeing it here. You will need a thermometer to check the internal temperature of the roast. For a medium rare roast, cook the meat to an internal temperature of 130-140 degrees. For a medium roast, cook the meat to an internal temperature

of 145-155 degrees. Once you pull the strip out of the oven, let it stand for 15 to 20 minutes so the juices can return to the center.

- 3) Transform the pan drippings into a simple Au Jus gravy to top the roast and potatoes. Christmas dinner will be a hit.

For the picture-perfect Christmas, try this CHB strip loin roast with the roasted garlic sauce recipe below to keep everyone at your table coming back for more. **HW**

Kaylen Alexander is the marketing and communications coordinator for Certified Hereford Beef. She can be reached at kalexander@hereford.org.

CHB strip loin roast with garlic sauce

Ingredients

1 beef loin New York strip roast, fat trimmed to ¼ inch (4 to 5 lb.)
1 tablespoon chopped fresh parsley
2 teaspoons coarse grind black pepper
2 medium heads garlic

2 teaspoons olive oil
1 cup reduced-sodium beef broth
2 tablespoons dry sherry
½ cup half-and-half
¼ teaspoon salt

Instructions

- 1) Preheat the oven to 450°F. Combine the parsley and pepper in a small bowl. Press the mixture evenly onto all surfaces of the beef roast.
- 2) Place the roast, fat side up, on a rack in a shallow roasting pan. Insert an ovenproof meat thermometer so its tip is centered in the thickest part of the beef, not resting in fat. Do not add water or cover. Cut about ¼ inch off the top of each garlic head, exposing the cloves. Remove the outer papery skin, leaving the head intact. Place the garlic in the center of a 12-inch square of heavy-duty aluminum foil; drizzle each garlic head with 1 teaspoon of olive oil. Bring two opposite sides of foil over the garlic; seal with a double fold. Fold in the open ends to seal. Place the foil packet alongside the roast in its pan. Roast the beef in a 450°F oven for 15 minutes. Reduce the oven temperature to 350°F and roast the meat until the instant-read thermometer inserted into the thickest part of the meat registers 130°F for medium-rare, about 35 minutes (or 140°F for medium, about 40 minutes). Roast the garlic 1¼ to 1½ hours or until it is very soft and golden brown; set it aside.
- 3) Remove the roast when it is cooked to your desired temperature. Transfer the roast to a carving board; tent it loosely with aluminum foil. Let it stand for 15 to 20 minutes. (Temperature will continue to rise about 10°F to reach 145°F for medium rare, 160°F for medium.)
- 4) Meanwhile, squeeze the garlic cloves from their skins into a small bowl; mash them with the back of a spoon. Combine garlic, broth and sherry in a medium saucepan; bring the mixture to a boil. Cook it 10 to 11 minutes or until it is reduced by half. Add the half-and-half; reduce the heat and bring the mixture to a gentle boil. Continue cooking 4 to 6 minutes or until the sauce is reduced to 1 cup, stirring occasionally. Keep the sauce warm.
- 5) Carve the roast into slices; serve them with the sauce. Garnish the roast with additional parsley, as desired. **HW**