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# RULE-BREAKER ROAST BEEF WITH EYE OF ROUND ROAST

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This amazing recipe breaks all the grass-finished beef rules by blasting this otherwise tough cut of meat with high heat then has you turn the oven OFF. Absolutely no peeking allowed!

If you've got the willpower to wait, you'll be handsomely rewarded with perfectly rosy, fork-tender slices of roast beef. An elegant meal that is so simple to prepare for Sunday supper and yields loads of leftovers for roast beef or french dip sandwiches for the week.

## Ingredients

(1) 3-7# beef eye of round roast,  
trimmed of excess fat  
salt and pepper

## Please note:

This recipe (as written) does not work reliably in gas ovens - they cool off and vent the heat away too fast.

If you want to try this recipe with a gas oven, instead of turning the oven off, set the temp to 150-170 degrees.

Trust me. There's thousands of reviews for this simple recipe across the internet and all the 1-star reviews are from people with gas ovens.

## Directions

- 1 Generously season roast on all sides with salt and pepper. If you have the extra time and fridge space, place on a tray in the refrigerator and let rest for 24-hours. Otherwise, let roast sit in a tray on the counter for several hours to come to room temperature.
- 2 Preheat oven to 500 degrees, it could take up to 30/40 minutes to come up to temp depending on your oven.
- 3 Line a *metal roasting pan* with *foil*. Place roast on pan and put in preheated oven. Lower heat to 475 degrees.
- 4 Cook roast for 7 minutes per pound. Set timer.
- 5 When time is up. Turn off oven but DO NOT open the door. Leave a note if necessary to remind others to keep door closed. Reset timer for 2.5 hours.
- 6 Remove roast from oven. Tent with foil and let rest for 10-15 minutes.
- 7 Carve off thin slices to serve.